

#### SUPERSTART

#### Skin Renewal Booster

#### INNOVATION



Boost your skin's natural defenses. Boost your skin's ability to renew. Boost the results of your skincare products.

Developed by Arden Active Skincare, SUPERSTART SKIN RENEWAL BOOSTER helps restore the healthy look of your skin's surface layer, fortifying its natural ability to repair and renew. Used before a serum or moisturizer, it boosts the results of your skincare products. Your skin is beautiful, resilient and refreshed, ready to face the day.





Earrings SGD190 Bracelets from SGD170





# Rogeless Perfections

#### Achieve skin clarity!

This fuss-free cleanser effectively removes dirt and impurities from the bottom of pores

minimises the appearance of pores over time!









Your regime for picture pore-fection!

BHG Bugis 6334 7188

METRO Woolands 6891 1139 | METRO Paragon 6735 2236

ISETAN Scotts 6836 1281 | ISETAN Tampines 6789 1139 | ISETAN Serangoon 6634 4019

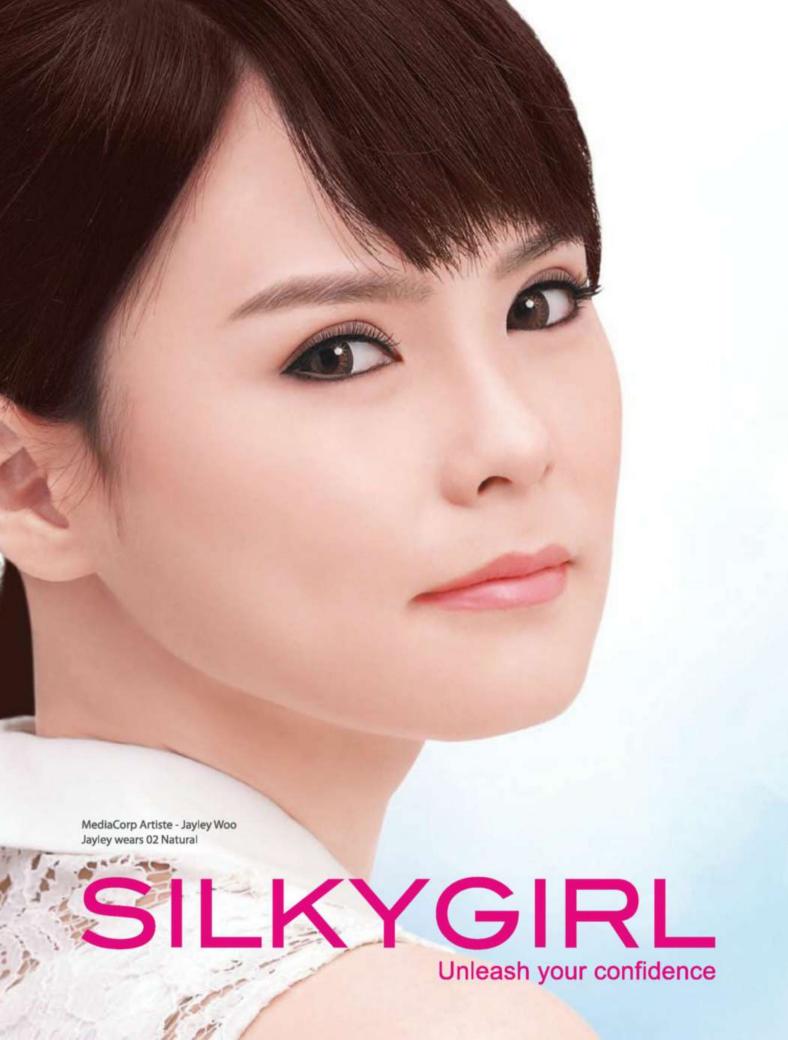
Sephora ION Orchard



Present this page at ettusais BHG, METRO and ISETAN to redeem a travel sized Pore Care Serum.

Limited to one per customer, while stock lasts.





# Natural Magic

Get even better skin from your favorite BB powder foundation



- Wild Mango Butter & Calendula Flower Extract
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# 4TH ANNIVERSARY CELEBRATION 1-15 DECEMBER

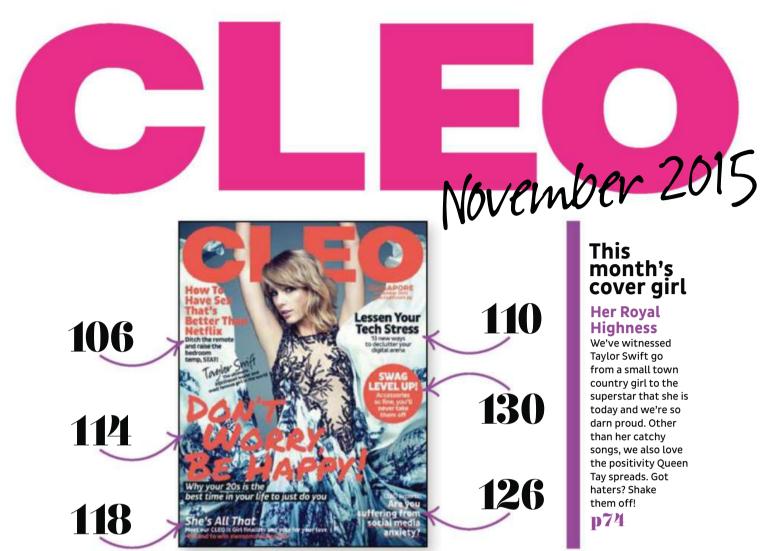
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Amore Fitness & Boutique Spa. Let Curél solve your Curel oily and sensitive skin problems. Cures Curél Curel

Get fit and fab at

Hamper! p124

Your Favourite **CLEO It Girl Finalist** 

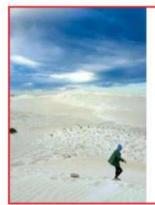
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### Random musings in the CLEO office...



Went sand boarding for the first time and had the best time ever! Gear blue skies, white fluffy donas, and rolling over huge white sand dunes. Awesome!" Sheryl Seah



"It was my first time being a hair model and filming live on dicknetwork with these awesome people. Wonderful experience!" Leong Li Yuan



The presents you buy for fias are just things you secretly wish nou had." Sophie Hong



Throwback to lounging by Lugu Lake in Yunnan, China. Can't wait to go back there again!"

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Senior Art Director Tan Lin Kuan

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LUMILAYER PRIMER



Felt that Beauty Metal **Cushion Foundation** provided radiance without easy oxidation.

Felt that skin feels moisturized while having applied **Beauty Metal** Cushion Foundation.

Felt that Beauty Metal **Cushion Foundation** provided flawless and excellent coverage.





@VDL SG





borders on obsessive. How else would I keep updated with what my friends living in New York are tucking into or get a glimpse into the fabulous lives of my celeb crushes? I like how social media breaks down barriers and helps us stay connected, but lately, I've also began to recognise how unhealthy social media obsession can get. For instance, I'm no stranger to Instalking (short for Instagram-stalking) and have often felt envious of the lives of complete strangers I follow online. When that happens, I can get stuck in a funk that will send me looking for new ways to "upgrade" myself. Read Senior Features Writer Kit's report (p126) on how our social media consumption can negatively affect our self-image and confidence. The good news is it's possible to turn things around simply by adopting a healthier

social media consumption attitude. And if I've resolved to work on changing things for the better and not take my social media feed so personally, you can too!

While we're on the topic of social media, have you realised how YOLO is so 2013, and now all everyone throws around is FOMO? Well, it seems FOMO is a real thing, so do yourself a fave and make sure you make the most out of your 20s! If you need some inspiration, we got three Singaporean women to share with us their experience of taking the plunge and making risky decisions when the rest of us are worrying about getting a promotion at work or dealing with that impending quarter-life crisis (p114). Take it from me, your 20s is really the best time for you to dare to be you and chase your dreams! There will be plenty of time for you to worry later, so for now, have fun and go be awesome!







Pencil in Ebony, \$31: Opulash Mascara in Bad, Bad. Black, \$33; Powder Blush in Pink Swoon, \$39; and Plushglass in Ample Pink, \$36.

#### 10W TO WIN!

- 1. Visit www.CLEO.com.sg
- 2. Click on the "DEALS AND EVENTS" tab.
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#### **Get insta-ntly hooked** Here's what the CLEO team iust can't get enough of.





New rule for everyone: bring your bakes to the office or...



@wapurokit, Senior Features Writer



Flowers, 'cos they're synonymous with Kit Chua.



@kingmun, Senior Designer



@chelschan, Fashion Stylist/Writer



The story of Sheryl and her giant banana. She hasn't stopped hugging it since!



How to get into karaoke mode, Cheryl-style: wear glow-in-the-dark glasses.

@cyntillating,



@lkaiving. Editorial Assistant



Uhh... What is Kai Ying doing? We really have no idea.



So, Cynthia, what did the

#### What's Buzz-ing?

What's hot on #CLEOBuzz this month?









# Congrats, Winnie! You've won yourself a Swatch MARMOR worth \$99!

Having gone through failed relationships twice, and as a busy student who's juggling a part-time job, I'm having second thoughts about getting into a new relationship. There's a school event coming up and there's a mandatory "blind date" segment for us to get to know people from other faculties better. Which is why I have been spending my recent lunch breaks doing "homework". Reading "Is There a Shortcut to Love?" in the September issue came in handy in teaching me to look out for non-verbal cues to decide if he's the right one. In fact, everything featured in CLEO helps me every day. With CLEO, I now know what to look out for in stores and what to buy for the "blind date" event! Hopefully, love works out for me this time round. I enjoy reading CLEO more than ever. Keep it up! Winnie

E-mail your thoughts and comments to CLEO@sph.com.sg. The winner of the letter of the month will win a fabulous prize!

#### Connect with CLE















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# THE FACE SHOP Around the world



The feeling of a romantic vacation in the best holiday destinations this Christmas, brings you to THEFACESHOP limited edition Christmas gift sets – Around the World. Experience Paris , the city of romance; the free spirit and trends of New York and the traditions of an English gentleman from London, coupled together with the best in skincare and beauty to present to your loved ones your heartfelt wishes. Celebrate this Christmas with THEFACESHOP and bring your loved ones Around the World.



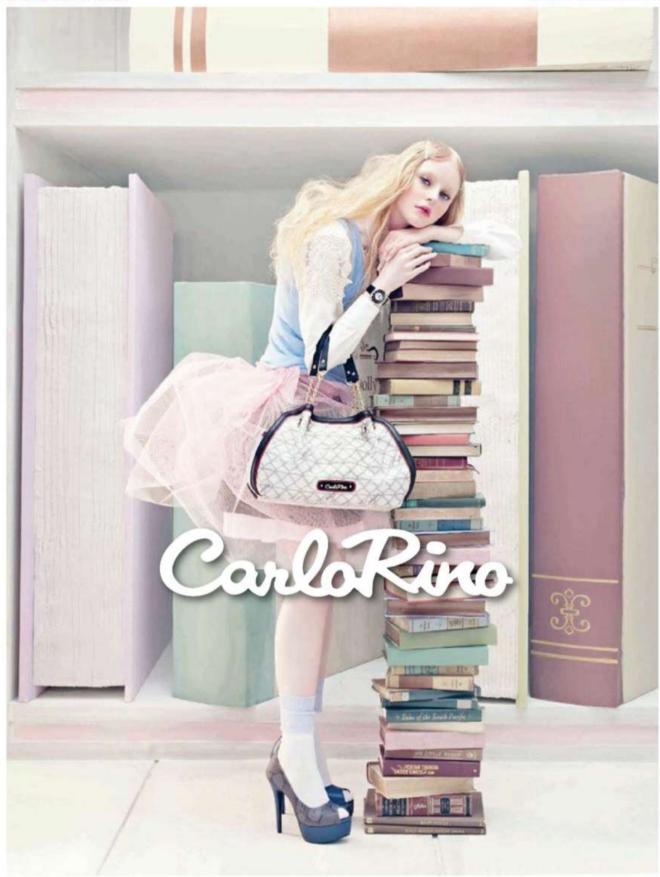
- www.thefaceshop.com.sg
- THEFACESHOP\_SG

Around the World Christmas sets will be available in THEFACESHOP Booth in Jurong Point from November onwards, and in Bugis Junction Christmas Fair from 23 November (Monday) to 27 December 2015 (Sunday). There will be exclusive Christmas sets only available in these two locations, come shop with THEFACESHOP soon!

AMK HUB 81-19 + BEDOK MALL 01-37 + BUGIS JUNCTION 02-23/24 + BUKIT PANLANG PLAZA 02-21 + CAUSEWAY POINT 01-32 + HOUGANG MALL 01-21 + JEM 01-22 JUNCTION 8 01-27 + JURONG POINT 01-48/87/88 + NEX 01-65 + NORTHPOINT 01-59 + PARKWAY PARADE B1-68/69 + PLAZA SINGAPURA (NEW WING) 01-62 RAFFLES CITY B1-39 + SUNTEC CITY 02-340 + TAMPINES MALL 01-02 + TOA PAYOH HUB 01-16 + THE CLEMENTI MALL 03-39 + VIVOCITY 02-178 WEST MALL 02-18 + WISMA ATRIA B1-KS/K6



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## THE FIRST STEP TO CLEAR SKIN

# Neutrogena



Recommended dermatologist Acne Brand in USA\*

Refreshing facial cleansers provide long-lasting oil-control and help prevent acne problems for consistently clear and shine-free skin.

- With Microclear™ Technology and anti-bacterial ingredients, these acne cleansers work effectively to help fight against acne-causing bacteria and to prevent emerging breakouts
- Non-Comedogenic
- A lergy tested

- Natural Botanical Complex helps calm, soothe and hydrate skin
- Gentle oil-control formulation will not over-dry skin
- Soap-free option: Neutrogena Deep Clean Acne Foaming Wash

# Neutrogena\* Oil-Free Acne Wash MCROCLEAR\* Grid Glaver Grid Glaver Mc Mark Grid Glaver Self-Mark Glaver Self-Mark

#### **DERMATOLOGIST TESTED**



Pores get clogged with dirt, skin cells and excess sebum. Acne-causing bacteria flourishes and creates trouble



Microclear™ Technology and anti-bacterial agents help fight the acne-causing bacteria.



Natural Botanical Complex helps calm, soothe and hydrate the skin.

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# Top 10 Fashion, Beauty & Lifestyle Trends • Global News • Street Style



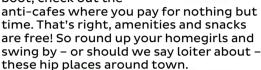
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If you're organising a catchup with your girlfriends at a place with drinks, food and entertainment to boot, check out the





## **Hey Soul Sister**



#### Code There used to be a time when coding was an activity reserved for geeks, but the hottest celebs are now getting in on it. Supermodel Karlie Kloss was one of the first to declare her passion for programming, and joining her in the tech world are Ashton Kutcher and Will.i.am. To spread her love for coding, Karlie even started a scholarship this year for 13- to 18-year-old girls who are interested in learning code. It's a pity none of us here meet the age

criteria 'cos we'd totes line







# UP, PERISCOPE!

First there was Instagram. then came Snapchat and now Periscope is making its presence felt in the social media arena. The live streaming app lets users broadcast their surroundings from anywhere in the world to others who are on the app at the very same moment. Very 1984, we think. Celebs like Tyra Banks and Keegan Allen have jumped onboard but to be honest. we can't decide whether it's cool or plain creepy to have eyes from all over on us.



Shay Mitchell gives her fans a peek into her personal life.



Ellen DeGeneres tries out Periscope on



A fireworks performance in Honolulu, Hawaii from Periscope user @gretchenbarocio.





# sunsilk

# SELFIE READY HAIR IN JUST A FLICK

SUNSILK SMOOTH AND MANAGEABLE









New Vaseline® Intensive Care™ Spray



DRY SKIN

Joanne Soh | Age 28 Teacher



Most of the time, I forget to moisturise my skin as I constantly rush to be somewhere else. Vaseline Intensive Care Spray is a lifesaver as it allows me to provide deep nourishment to skin in just a few seconds. What's even better is that it doesn't have that sticky after-feel of usual lotions so I can use it outdoor even in hot humid weather!



Lim You Yi | Age 27 Bank Relationship Manager

My skin dries up easily due to long hours in an air-conditioned office. Vaseline Sprays are perfect for a woman like me as they are quickly absorbed, leaving my skin non-greasy and smooth for the rest of the day. I especially like Aloe Soothe because its ingredient also gives me that fresh, cool feeling on my skin.



# Network

Whether it's a key look or killer accessories, these power players have got their signature styles down pat.



CHIARA FERRAGNI

The Blonde Salad's her name and

her brand a household name,

fashion is her game... don't wear it out! Chiara Ferragni's set to make







became a thing. The queen of quirk is no stranger to mixing prints and textures with confidence, often opting for standout pieces in clashing colours.

Top knot + Japanese-inspired footwear = sartorial samurai



Say My Name







face off





Treat me good. Best stay-young-look-young serum.

Dr+Nu:ell Miracle Fitting Essence

Available at OG People's Park, John Little Plaza Singapura/Jurong Point & Essentials Pharmacy









# Test pattern? Mare -like Yes pattern! -asnior

Runway Looks • What's Hot • Style Solutions • Great Buys



mages IMAXtree.com Text Cheryl Chan.

TAP THIS ICON

TO VIEW ADDITIONAL

CONTENT.

fur, leather and knits.

and makeup sleek

Keep your hair

to give your pixels

maximum impact.

Electric

Topshop wool

Ladyland



# Charm School

Add a touch of "pursenality" to an otherwise classic bag with a charm or five. These whimsical extras are just the perfect extra touch for an instant update without breaking the bank. Clip one on to your everyday carryall and watch the compliments roll in. You're welcome.





Join the mod barade in one of these little numbers. The babydoll dress has been rebooted this season in pastels and lace, making it a bit more Elle Fanning and a little less Courtney Love. Sweet.





mages Corbis, TPG/Click Photos, IMAXtree.com Text Cheryl Chan Fashion Assistant Annika Park. Some prices were unavailable at press time.



Kendall Jenner

Cara Delevingne

#Cake





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Silicon phone case from

Asos.com, \$26



A big fan of the kissy face selfie, we think Karlie would pucker up to this case quite nicely.

Skinnydip London plastic phone case from Topshop, \$26



This pretty little liar leads a colourful life and it's only right that her phone case matches it. Moschino plastic phone

The current face for Moschino, it's only right that Katy represents the brand with this totes adorbs bear case.

asel

The Kardashians aren't the only ones who can keep up. Get the fash 411 from your dream bestie, plus phone cases that are oh-so-perfect for them.

case \$16.90



THIS IS NOT A

MOSCHINO

TOY

LIE JENNER

She's flooded her feed with selfies. so a camera case would be an accurate representation of her phone activity.

lt's a fast food nation!



We think these funny first ladies of comedy would definitely appreciate a hilarious burger phone case.

Accessorize silicon phone case, \$22



CARA DELEVINGNE

This case sums up how Cara Delevingne feels about life in general. 'Nuff said.

Bershka silicon phone case, \$19.90



Rihanna and she

world know it.

makes sure all the basic b\*tches in the



A googly-eyed cat case would simply be purrfect for Tay-tay.

AYLOR SWIFT

Typo plastic phone case, \$26



## **Bal-Main** Attraction

Want to be a part of the cool kids' army? Then get ready to join the #BalmainNation, H&M's latest collab and Creative Director Olivier Rousteing's vision of a new world.

Sexy with a rock 'n' roll sensibility, Balmain x H&M proves to us once again that, yes, the French do know what they are doing when it comes to fashion. To make sure you're in the know before the collection drops on the November 5, here's a few key pieces that we're sure will fly off the shelves. Start preparing for the mayhem now!



#### Necklace

Elevate your outfit with a super chunky bold necklace.



Nothing says luxe like a silk satin skirt. Pair with a cropped bustier for a sexy night time look.

Olivier



Silk wrap skirt, \$159

#### ← The Structured

A fitted power blazer will give you all the confidence to rule the hoardroom Think HBIC

blazer with padded shoulders, \$199



"statement piece".

**Embellished** 





When you're a famous fashion designer, your resume isn't just on some piece of paper, it's on the runways of Paris. Check out Rousteina's body of work since he joined the house in 2011.



behind the scenes action from the lookbook shoot!



Talk about being a certified gold member.



It's all about the smize.



The models getting touch ups in-between shots

mages H&M, TPG/Click Photos, IMAX tree.com Text Cheryl Char

### Beauty Trove

### Unveil the secret to irresistible beauty



# LIMITED EDITION SET













Available in Watsons from 5th November 2015. While stocks last! \*Packset combination varies



# Steal Her Look! Gilda Ambrosio

Like an Italian Margot Tenenbaum, this designer is never seen without her poker straight hair, a killer

Topshop viscose wrap blouse, \$76.90

нам Studio wool pants,

pout, that fur and heaps of attitude.

Follow Gilda Ambrosio on Instagram (@gilda\_grazia\_it)



Zara wool felt hat, \$49.90 Uniqlo cashmere v-neck



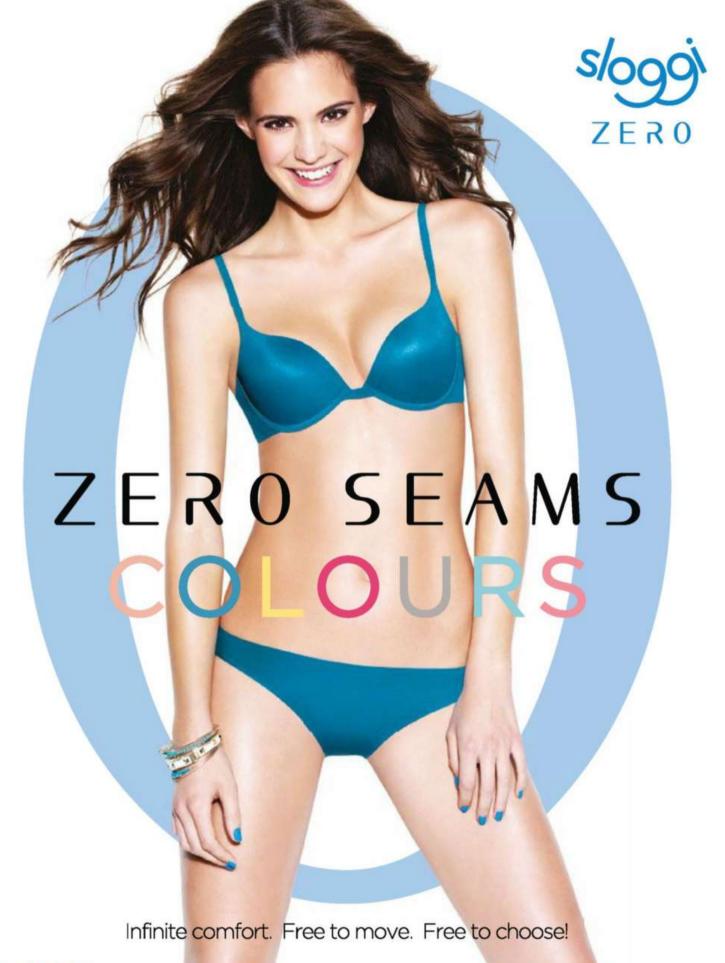


wool wrap pants with belt.

**mages** Corbis, Rex Features/Click Photos **Text** Cheryl Chan. Some prices unavailable at press time Bershka sneakers.

SPRZ NY graphic T-shirt, \$24.90

\$69.90









### CANMAKE



















**Fashion** 

# The A-Team

With its cinched-in waist and oh-so short length, meet your daring new bestie: the universally flattering A-line miniskirt.





#### How to wear it - CLEO style





Pedder Red leopard-print lace up flats, \$190



patchwork

Senior Features

Images IMAXtree.com Text Cheryl Chan. Some prices unavailable at press



# Ready, Steady, Glo!

Get all the electric feels with MSGM's neon-tinged m A/W '15 collection.



Alex Turner

from

Arctic

**48** NOVEMBER 2015

the name of

La Roux

"ELECTRIC FEEL" MGMT

"LAST NIGHT" The Strokes

Listen to This **MSGM-inspired** 

Playlist and

Dance Like No One's Watching

"IN THIS HOME ON ICE"

Clap Your Hands

Say Yeah

"INSTANT CRUSH" Daft Punk featuring Julian Casablancas

"FLUORESCENT **ADOLESCENT"** Arctic Monkeys

"BULLETPROOF" La Roux

"A-PUNK" Vampire Weekend

"CRYSTALS" Of Monsters and Men

> "HYPSOLINE" La Femme

ımages IMAXtree.com, Corbis, TPG/Click Photos, Instragram Account: @larouxroux Text Cheryl Chan



The cult haircare brand raved by long-haired beauty aficionados all over the world is now available islandwide!

















The legendary long hair shampoo, Mane 'n Tail, have been a best kept secret for beauty aficionados everywhere. The silky smooth micro-enriched protein formulas help to prevent hair breakage and repair split ends, achieving the goal of longer, stronger, fuller hair. Now available in Guardian, Watsons, Cold Storage, NTUC Fairprice, Robinsons, BHG and John Little.

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Or ask your local retail stores for details.





### The Vice List

Urban Decay Vice4 Palette, \$88



Forget the nice list, 'tis the season to be naughty, as Urban Decay (UD) launches smokin' hot holiday sets and a sinful new Vice palette. We get the low-down from Kim Bowers, Urban Decay Ambassador, on how to make the most of this colour-packed kit.

How should someone with single eyelids wear loads of colour?

When you're trying to build your confidence with brights, it's best to keep it singular. Pick a colour that you like and go with that first. Focus the colour on the lid and go with a natural brown along the crease for definition. That way, it's possible to do a very soft "implied crease", even if you don't have deep-set eyes. UD isn't about rules, though, so if you want to add more colour, feel free to do that.

What are your tips for highlighting and contouring

eyes? On top of playing with dark and light, think of blending your textures. On a typical almond-shaped eye, I would put the shimmer on the lid and keep everything else matte. Wende Zomnir, the Chief Creative officer of UD, really loves a matte highlight under the brow (if it gets too shimmery it can look dated) very "soap opera" circa 1980s.

Speaking of vices, what were your first and worst makeup sins? I made a lot of mistakes. One, I didn't wear blush. I made myself so matte and white, because I was a little bit punk rock/Gothic in the '90s. I wore baby powder on my face because I wanted to be so white. The other one is - no brows. My natural brows are very fair so it was easy to go without. But one of the best tips I ever got was to fill my eyebrows in!

#### Colour Me Bad

Kim's favourite colour combinations from the Vice4 palette.







"The green on the lid, with a little bit of 1985 along the lashline - the way the colours blend, it looks like an oil slick."

Bones Framed Discreet



"I love Bitter in the crease of literally almost anything, but especially against cool tones."

Pandemonium





"Olive with a deep plummy shade is really, really pretty."

Beatdown





"Bluish, grape-y colour with a warm burgundy... it's absolutely gorgeous."

Fast-ball





"These iridescent colours are also amazing as a highlighter on the cheeks!'



#### Art Attack!

Classic gel pedicure (includes foot scrub and callus treatment), \$68, nail art, from \$5 per nail

"If you love nail art like yours truly, save your favourite clipart designs for your next nail inspo. Simply pick your nail colours and Belle from Candy Beauty & Art Gallery will adapt the designs. What impressed me most was how quickly it was completed!" Cynthia Chew, Senior Beauty Editor

**CLEO Special:** For the month of November, enjoy this classic gel pedi at \$50 simply by quoting "CLEO" when making your appointment. Valid for first-time trials only.

Candy Beauty & Art Gallery is at #03-58 People's Park Centre.

### 

Hot new beauty finds that are just out on the shelves.

#### **OINNISFREE VIVID TINT ROUGE, \$16**

This lippie offers a stain of colour with just one swipe. Formulated with moisturising camellia oil and shea butter, the lip tint feels like a tinted lip balm with a vivid, glossy finish.



innistree

#### DBOTTEGA VERDE LA MIA CREMA, \$69.90

Bottega Verde's La Mia Crema contains active ingredients like vegetal caviar, plant sugar complex and Fomes Officinalis that not only prevents water loss but also reduces the appearance of pores.





#### OPHILOSOPHY MICRODELIVERY OVERNIGHT ANTI-AGEING PEEL, \$129

This two-step, leave-on peel is designed to work throughout the night to reduce the signs of skin ageing. It also eliminates dead skin cells and infuses the healthy underlying cells with actives to leave skin radiant and supple.

Text Cynthia Chew, Kit Chua



**NAIL THES** 

Just like your shoes maketh the outfit, the same goes for nails and makeup looks!





**CYBER CHIC** NARS X Steven Klein Nail Polish in Blackfire, \$32 + Sallv Hansen Miracle Gel in Buffalo Nickel, \$16.90

### Ace of Base

The first step towards perfect makeup begins with the right choice of foundation for your skin.



GOOD FOR: Dehydrated to dry skin. The moist coverage formula nourishes and boosts skin's resilience, elasticity and hydration.



**GOOD FOR:** Covering dullness and refining the appearance of fine lines and enlarged pores. Feels like a moisture veil over the skin and provides long-lasting hydration and plumpness.

#### LA PRAIRIE SKIN **CAVIAR CONCEALER FOUNDATION SPF 15,** \$340

**GOOD FOR:** Skin that's starting to show the first signs of ageing. It's enriched with caviar extract and a new peptide for increased firmness and elasticity. It also comes with a matching concealer!



NFINE

#### **ESTÉE LAUDER DOUBLE WEAR MAKEUP TO GO LIQUID COMPACT, \$68**

GOOD FOR: Longlasting coverage and for those on the go. Housed in a spill-proof, messfree liquid compact, it leaves an ultra-hydrating and luminous finish.



CLINIQUE **BEYOND** PERFECTING **FOUNDATION +** CONCEALER, \$52

**GOOD FOR:** Concealing facial imperfections like spots, pores and fine lines. Its twoin-one formula with an easy applicator lets you perfect your skin on the go.





Stylist director of EK Makeup Studio spills on the latest K-Beauty makeup trends.

#### How is K-Beauty makeup different from conventional makeup styles?

K-Beauty makeup styles aim to achieve natural, fresh, healthy and youthful looks while conventional makeup styles emphasise coverage, contouring and colours.

#### What is the quickest way to achieving the K-Beauty glow?

There are no shortcuts to achieving that healthy skin glow. I often advise women to practice good skincare habits. Koreans emphasise heavily on the condition of their skin, with skincare as the most important aspect of "makeup". When your skin is well hydrated, you will have that coveted K-Beauty glow!

#### What advice would you give to young women who are putting on makeup for the first time?

My advice is to start out with a thin layer of makeup to prevent from overdoing it.

EK Makeup Studio offers both makeup services and classes. Visit www.facebook.com/ek.makeup.studio for more information.

# Eye for Detail

We bring you four fresh ways to wear the quintessential black eyeliner.







Wings of love

Whether you call it the cat eye or the wing tip, that flick at the end of the eye is a mainstay in our repertoire of looks. But there's more than one way to rock it - take it from folks at Anna Sui, who gave it a twist by smudging the lower lash line into dots, or join the top and bottom corners as seen at Anteprima. If you don't trust yourself to draw precise lines, go for the "blockey" style a la Badgley Mischka.

Estée Lauder Little Black Liner, \$50

#### Smokin' it

The smokey look draws attention to the eye area and adds depth to your look. It's great for an evening out and at parties, but to really stand out, try the rocker chick vibe with a reverse smokey eye as seen at Roberto Cavalli, Rebecca Minkoff and Victoria Beckham. To get this look, smudge the lower eyelids, keep the upper eyelids Win This! clean and finish with lashings of mascara.

Shu Uemura Drawing Pencil in M Black 01 \$33













If you're going for a graphic eyeliner look, let your creativity go wild and don't forget to have lots of fun. Whether you go for super-futuristic geometric shapes like the ones spotted at Rochas, Yigal Azrouel's clean and simple lines, or inky swipes as seen at Fendi, this is one look that's sure to make a hold statement.

> Stila Stay All Day Waterproof Liquid Eveliner in Black, \$28

#### All lined up

There's something about a completely rimmed eye that's show-stopping, so it's no wonder that kohlrimmed eyes were all over the A/W '15 runways. Lanvin and Versace models sported kohled eyes that were "smudgey" yet gorgeous, while the cool cats at Marc by Marc Jacobs and Aquilano Rimondi kept it precise and clean by rimming close to the waterline.











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## Off With Her Hair!

Want to get your hair out of your face, but don't want to tie it all up in a bun or ponytail? We've got four different ways to keep your look practical yet chic.





We love playing with braids because they can be done up in so many ways to achieve different looks. For a saccharine-sweet look like Emma Stone, a waterfall braid by the side of your fringe will add a feminine, Grecian touch. Amanda's sleek corn-row braids give off a

We absolutely LOVE this style -it's fresh and

rebellious vibe - definitely suited to those ready to make a head-turning statement. And Sienna Miller's pulled-back braids add schoolgirl charm to her entire look. Such versatility!



Don't want to deal with pins, braids or buns? Then blow-drying your fringe out of your face is your best option. Simply spritz texturising spray or a root-lifting spray to give your hair volume and texture. Then, using a round brush, comb back and blow-dry your fringe away from your face. Finish with some hairspray for extra hold that will last the whole day.

> Don't overalo it like Mam!

Dove Volume & Nourishment Root Lift Spray, \$16.90





mages TPG, Corbis/Click Photos Text Natalie Pang





## Selling Sonic Toothbrush Brand in Japan(unit)



#### PUCKER UP

"After the initial cool, tingling sensation fades, my lips are left feeling somewhat bee-stung plump. I love the smell, too - it reminds me of vanilla ice-cream!'

Liu Kai Ying, Editorial



Soap & Glory Sexy Mother Pucker Plump XXL Lip Gloss in Pinkwell,

#### **PULP FICTION**

"Get festive-ready digits by pairing deep dark red nail colour with this limited edition top coat that's infused with golden pearlescent pigments. It's a sparkling genius!"

Janice Pidduck, Fashion Director



Chanel Nail Colour in 18 Rouge Noir and Le Top Coat Lame in Rouge Noir, \$38 each



#### **CUSHION** COVER

"This cushion makeup is great for those with oily skin as it kept my face looking matte the whole day. It's easy to blend and offers full coverage so a little goes a long way."



Say hello to our new BBFs\*

Our round-up of the latest cool finds.



#### HOT STUFF

"A body scrub that heats up while you're applying it onto your skin is the best! Not only does it renergises you instantly, it also makes your skin feel



taut and smooth after so good." Alicia Tan. Editor Spa Ceylon Hot Sugar Body Scrub, \$55.90

#### EYE RELAX

"I'm a fan of Foreo beauty gadgets and this latest eye massager uses an Alternating T-Sonic technology to deliver gentle yet effective massaging pulses to the eye area. It's like a daily exercise for my tired peepers."



Cynthia Chew. Senior Beauty Editor Foreo IRIS Illuminating Eye Massager, \$139



(\*Beauty Best Friends)

mages Corbis/Click Photos Still-life Photography Nyer



## "Can't Live Constitute Control Live Control Without These!"

Our readers spill about the beauty products they absolutely love.



My current fave is ETUDE HOUSE Lash Perm Curl Fix Mascara. which helps my lashes stay up all day. But more importantly, it doesn't smudge.

Cassandra Tan, 22

#### The Ettusais BB Mineral Cream is noncomedogenic, works even after a long day at work! I've been using it for five years and I still love it. Ettusais BB Mineral Cream, \$38

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Revlon's Super Lustrous Lipstick in Love that Red has a bold colour that really stands out and anchors my whole look. It also stays on throughout the day - perfect for making a statement. Revlon Super Lustrous Lipstick 725,



Biore's UV Perfect Bright Face Milk is my daily beauty must-have. As it brightens and smoothens my skin while providing a matte finish, I can totally wear it just on its own. Biore UV Perfect Bright Face Milk PF50+ PA++++, \$15.50





Purification, 20

I bid chapped lips goodbye thanks to Silkygirl's Moisture Rich Lipcolour! It makes my lips soft and kissable. and it's also in my favourite shade of pink. Loyal user forever. Silkygirl Moisture Rich Lipcolor,





ocking a matte lip might seem like you're entering scary, never-before-navigated makeup territory, but you can calm your block-colour-fearing self, because matte has got to be the easiest version of a bold lip to experiment with. Unlike Utheir satin-finish counterparts, matte formulas aren't likely to bleed. They've also got super staying-power, so you don't have to keep vigilantly reapplying them. Even if you aren't usually a lipstick person, there's a whole new crop of wet-to-dry liquid styles that go on like gloss, but set like a milky matte. Have we gotten rid of your excuses not to pucker up in opaque ASAP? Thought so. Now you're ready for your matte-tastic makeover.

PUCKER UP

Smooth on your liquid or bullet-style lippie, starting at the middle of your lips, working your way out to the corners. Gently press them together, smudging the colour within your lip line and then dot on any extra colour where it's needed.

PRIME THAT POUT Unlike shiny, satin styles, matte lipsticks don't have the moisturising properties to disguise chapped lips. Exfoliation is essential so that your longwear colour doesn't set in the cracks. First up, gently buff your lips with a lip scuff to remove dead skin cells. This will prep your lips for a seriously punchy pigment.

As matte lipsticks don't bleed like the glossies sometimes do, there's no need to apply lip liner before your colour. But if you want to subtly highlight your smackers and lend them a little extra definition, start by lining your lips with a flesh-toned lip pencil. It will amplify your pout without making it look drawn on. This will also help to create an invisible barrier, making the whole colour

application process even easier to do.

TAKE ITS CAMEO NOW Lining your lips after applying colour is a controversial move, we know. However. it's one of our new favourite techniques we picked up from makeup artist Yolanda Lukowski, "I reach for a lip pencil after colour application to clean up any uneven, wobbly lines and polish the matte look," she explains.



CHECK YOUR TONE If your natural lip colour is quite rosy, tone it right back with a liquid concealer that's a shade lighter than your skin tone. A neutral base will ensure that the colour of your lipstick remains true. Plus. it also increases the staying power of your already long-wear look so you won't have to reapply throughout the day.

Expert tip: "Use a small makeup sponge or lip brush to apply your base." Yolanda Lukowski, Makeup Artist



MAKE AN "M" The Cupid's bow is possibly the trickiest part of your lips to fill in. Use a lip brush to fill in the colour with precision and then use it to even out the arches of your lips. The rest of the application is a total cinch once you've tackled these curves.



Take a tissue, separate it into two plies and use only one to blot your lips. Hold it over your lips or between them to get rid of excess tint. Apply one more coat of colour if needed, blot once more, and you're ready for absolutely any occasion.



1. The Body Shop Lip Scuff, \$19.90 2. Tom Ford Matte Lip Colour in Flame, \$75 3. 3CE Dangerous Matte Lip Color in 708 Birthday, \$24 4. YSL Rouge Pur Couture The Mats in 202, \$49 5. Handmade Heroes Coco-licious Luscious Lip Scrub in Coconut Sorbet, \$7.90 6. Clio Lipnicure in 06 Rumor Coral, \$19.90 7. Stila Stay All Day Liquid Lipstick in Fiore, \$32 8. Too Faced Melted Liquified Long Wear Lipstick in Melted Sugar, \$30 9. Bobbi Brown Art Stick in Electric Pink, \$38 10. Shu Uemura Drawing Lip Pencil in Nude Beige, \$30 11. ETUDE HOUSE Play 101 Pencil in 7 (Creamy), \$12



# Bio-essence 24K BIO-GOLD



# Super Start Me

Lay the foundation for radiant, resilient skin by jump-starting your day with Elizabeth Arden Superstart Skin Renewal Booster.

Imagine this scene - you're lying on your bed, lost in thought, gazing at the ceiling... when you spot a few small, but significant, cracks that were definitely not there before. You break out of your reverie, and frantically try to figure

out how to fix it before the damage spreads any further.

Now, imagine this same scenario happening on the surface layer of your skin, the stratum corneum. Chances are, you're likely to brush off any signs of damage, attributing it to factors like ageing or the environment. But no matter what the cause, maintaining the condition of your skin's surface layer is as important as that of your ceiling. When damaged, your skin is less able to retain moisture, protect itself via its natural defences and, in the end, unable to renew itself.

The good news is, as with the cracks in your ceiling, the structure of your stratum corneum can be fixed. Elizabeth Arden Superstart Skin Renewal Booster, part of the comprehensive new Arden Active Skincare range, works to provide daily support to the skin's surface

layer, boosting its natural defenses and renewal ability, in turn boosting the overall results of your skincare regime.

Containing an exclusive probiotic complex, sea fennel and flaxseed extracts, and botanical grasswort extract, Elizabeth Arden Superstart Skin Renewal Booster is lightweight and fast-absorbing. Apply it before your serum or moisturiser to restore the healthy appearance of the surface layer for smooth and supple skin, while boosting the effectiveness of the skincare products to follow at the same time. And just like that, you can go back to being lost in reverie, assured of healthy, radiant and youthful-looking skin.

Elizabeth Arden SUPERSTART Skin Renewal Booster Booster Rénovateur **Inside Out** de Peau **Boost your beauty regime** with these power duos. If you're often If you're often

indoors and subject to harsh air-conditioning, use...

**SUPERSTART + CERAMIDE** 

Ceramide Capsules Daily Youth Restoring Serum, \$143, works to replenish moisture levels in the skin for firmer, youngerlooking skin.

outdoors and subject to the sun's harsh rays, use...

**SUPERSTART + PREVAGE** 

Prevage Anti-Ageing Daily Serum. \$411. reverses skin damage caused by environmental assaults, protecting against and intercepting future signs of ageing.



mages Corbis/Click Photos Text Annabelle Fernandez

Elizabeth Arden

Renewal Booster, \$95



Have Faith in Face, Origin of Beauty

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No time? No problem. Leaveon creams ensure vour hair care routine gets the happy ending it deserves.

Like peanut butter and jelly, Kim and Kanye, Leonardo DiCaprio and Victoria's Secret models, some things just belong together. When it comes to hair care, the MFEO (made for each other) award goes to the classic pairing of shampoo and conditioner.

According to Sunsilk hair expert and co-creator Tom Taw, "Conditioners are designed to protect hair from everyday wear and tear, lock in essential lipids, and offer greater protection against heated tools and environmental damage caused by excessive exposure to UV rays and humidity. Always remember to keep it in your hair routine."

With Sunsilk's leave-on creams, time is no longer an excuse for breaking up one of beauty's iconic couples. Working with the experts at Sunsilk, Tom has come up with Instant Damage Reconstruction Cream, which repairs, protects and conditions your hair with Keratin Complex and sunflower oil. He advises, "My favourite tip is to apply it to towel-dried hair for instant results. The ends usually need the most attention, so begin here. Apply a small amount of cream with your fingertips,

Sunsilk Instant Damage Reconstruction Cream (left), and Sunsilk Instant Smoothening Cream (right), \$6.90 each

working the product upwards, towards the mid-length... add more cream until you have the result you desire."

Sunsilk Smooth and Manageable Instant Smoothening Cream is lightweight in terms of texture, but a heavyweight when it comes to its hydrating and frizz-fighting properties. Its co-creator and fellow Sunsilk expert Yuko Yamashita explains, "I never leave the house without this product; it keeps my hair smooth all day. If you need a little pick-me-up before dinner, you can always re-apply a small amount to the lengths of dry hair to keep it smooth without weighing it down."

Tuck either one of these leave-on creams in your bag and you're all set for healthy, hydrated hair, all day, every day.

#### rtners in Crime

These celebrity power couples bring out the best in each other... just like shampoo and conditioner.



#### Jenni Konner and Lena Dunham The showrunner and creator respectively

of the HBO show Girls recently launched Lenny, a weekly e-mail newsletter covering everything from fashion to feminism.

#### BJ Novak and Mindy Kaling

Former co-stars/ex-couple/current BFFs Mindy and BJ are laughing all the way to the bank with their book deal, which netted a reported US\$7.5 million dollars



#### Tina Fey and **Amy Poehler**

Alone, they're ormidable comedic forces. Together, they're invincible, as their Golden Globe Awards hosting stints and upcoming movie Sisters prove.



Singapore's No. 1 selling scar & stretch mark product.

Nielsen, 2014



"After endless hesitation, I finally committed to doing something constructive about the extra 10 kgs I'd been carrying around with me since my teenage years. I started eating healthily, began exercising and before long, I started seeing results. I felt incredibly motivated until I noticed stretch marks on my hips and stomach. Luckily a close friend recommended Bio-Oil (she had used it throughout her pregnancy for stretch marks). I have now reached my goal weight and the results have been unbelievable! Thank you Bio-Oil for saving the day!" Vanessa Hartley

# Festive Musings

Is it Christmas already? Well, almost! Here's a sneak peek of Kiehl's' holiday offerings for 2015, so shopping for your loved ones will be a real breeze.

When you step into a Kiehl's store this holiday season, you'll be greeted by a flurry of bright colours and shapes. Inspired by legendary artist Peter Max's acclaimed work "The Cosmic Runner", whimsical designs adorn some of Kiehl's most beloved formulas, including Kiehl's Crème de Corps, Crème de Corps Whipped, Ultra Facial Cream and Calendula Toner. Peter's distinctive rendering of rolling landscapes and puffy clouds in vibrant colours perfectly embody Kiehl's energetic spirit and are such a delight to behold - who wouldn't want to be gifted with one of these?

**Inspired** by the cult classic **Ultimate Strength Hand** Salve, the new Ultimate **Nourishing Hand Creams** contain shea butter for soft and supple skin, and vitamin E to help protect the skin.

Richly Hydrating Hand Cream in Grapefruit, Coriander and Lavender, \$27 each or \$45 for a set of three



This lighttextured daily hydrator provides 24-hour hydration and continuous water replenishment throughout the day, leaving skin smooth and supple. Great for those who spend a lot of time in airconditioned rooms.

Ultra Facial Cream, \$48



A bestseller for almost 50 years, this gentle toner contains calendula. panthenol and herbal extracts such as lavender, ivy, great burdock and allantoin to leave the skin feeling smooth, fresh and invigorated.





Kiehl's most hydrating body moisturiser, this super-enriched body treatment is formulated with beta-carotene, squalane and nurturing oils, making it ideal for normal to extremely dry skin.

Creme de Corps, \$60 (250ml) and \$90 (500ml)



of lip balms nourishes lips with ingredients such as squalane, allantoin, vitamin E and aloe vera. It's particularly beneficial for those with dry and cracked lips.

Lip Balm #1, \$17 (for Original and Mango) and \$19 (for the Holiday Edition in Cranberry, Mint and Pear)

Images Corbis/Click Photos Text Cynthia Chew



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### Special Shopping Challenge in Japan

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Singaporeans can now take part in our lucky draw by shopping in Japan. Single lens









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### Any question, any time!

in no more than 20 words and our expert will get it answered!

Shuqi Fu, brand communications manager for Pantene Singapore, to your beauty rescue.

What is the best way to tame my frizzy hair?

Dawn Yeo. 20 Using the right haircare products is the best way to keep frizz at bay. Pantene Total Damage Care 10 range not only addresses frizz, but also your key hair concerns while maintaining hair health. Prior to regular heat styling such as blow-drying, protecting your hair with a leave-in product is

Pantene Pro-V Total Damage Care 10 BB Crème For Hair,

also essential.



How can I prevent split ends? Sue Anne Lim, 20

Use a daily conditioner - focus on

conditioning the ends where it's the driest and most damaged. When drying your hair, do not rub vour towel every way through your hair. Instead, wrap the towel around your hair and squeeze gently at different areas to draw the moisture out. This will minimise tangles and prevent breakage that will lead to split ends.

Pantene Pro-V Total Damage Care 10 3 Minute Miracle Conditioner, \$8.90



How can I stop my hair from becoming greasy by

Sophie Ann Li. 19

We recommend using Pantene Pro-V Agua Pure Shampoo, It contains a siliconefree formula that gently cleanses hair from root to tip, and offers lots of nourishment without weighing your hair down.

Pantene Pro-V Agua Pure Shampoo, \$8.95



Yes, you should use a hair mask once a week, as it contains a higher level of conditioning ingredients to provide a boost of hydration. It also repairs damaged hair caused by heat styling or chemical treatments like colouring and perming.

Pantene Pro-V Total Damage Care 10 Intensive Hair Mask. \$8.95





#### Will hair conditioner weigh my hair down?

Lilian Tay, 24

The right conditioner would not weigh your hair down. Pantene Pro-V Agua Pure Conditioner deeply nourishes your hair and leaves a lightweight feel. It also features Clean Rinse technology that rinses hair in seconds.

Pantene Pro-V Aqua Pure Conditioner, \$7.90 to \$9.80



The only pregnancy test that tells you how many weeks.



Clearblue accurately measures your pregnancy hormone level so you not only know if you are pregnant, but also how many weeks.



www.clearblue.com



# Taylor Made for Success

With a brand-new, record-breaking #1 album, Taylor Swift is once again taking her place at the head of the table.

There is absolutely no doubt about it. The year is 2015 and pop's reigning monarch has a stronger hold than ever on her empire of straight-to-platinum records. The world belongs to Taylor Swift. And us? We're just living in it. And boy, are we listening.

"Meteoric" is a word that tends to get thrown around quite a bit when describing the ascent of any half-decent, B-grade artiste, but there really is nobody else whose rise to superstardom has gone quite as exponentially as that of Taylor's.

Her latest album, 1989, was released in October last year and went straight to platinum, hitting first-week sales of 1.3 million copies in the United States alone, a feat that hasn't been accomplished by any artiste since 2002. Her first single off the album, "Shake It Off", took the top spot on iTunes in a whopping 95 countries, and the video for her second single, "Blank Space", became the fastest to hit a billion views on Vevo, ever.

Since the songbird broke into the scene with her eponymous 2006 debut,

she's spent much of the next nine years growing her cult of Swifties, as her fans are called. With her brand of pop-laced country music, she first courted the girls with her highly-relatable underdog ethos – she's been jilted, she's been sidelined and she's even got teardrops on her guitar to show for it.

Today, Taylor occupies a wholly unique spot where her appeal has gone mass like we haven't seen since the days of Michael Jackson. While the 25-year-old has long since cornered the girls-and-their-mums slice of the market, her influence today stretches beyond — even 30-year-old hipsters unabashedly proclaim their adoration for the pop star with the same lack of emotional restraint that Taylor herself brandishes in her music.

Perhaps part of the magic comes from how Taylor takes pains to let you know that she's just a dork, despite possibly being the biggest celebrity on the face of the planet. As glimpsed from the media – mainstream, social and otherwise – she walks into doors, is weirdly competitive about her family Easter egg

mages Universal Music Singapore Text QH Yeo

hunts, dances goofily at award shows and is pretty much your best friend. "I'm incapable of telling when food is on my face," she once told *Rolling Stone*, "It's like I don't have nerves in my skin. So if I get, like, a heinous piece of chocolate on my face, please let me know."

The Taylor Swift that we see on display is always painfully relatable and never too distanced from the childhood insecurities that everyone has dealt with on some level. When she appeared on the Late Show with David Letterman back in January, she dropped on us the story of how she and Girls creator

"I want to make the most of this cultural relevance or success or whatever you want to call it."

Lena Dunham came to be buddies

— it started when she looked up
the writer-director-actor on Twitter
and saw her own lyrics quoted on
the feed. "At first I thought she has to
be doing that ironically, she's clearly
making fun of me, because I have this
big loser complex from school."

Taylor's strength draws from the idea that she's this goofball who has never quite fit in, but who somehow stumbled upon colossal fame and wealth doing what she loves while being exactly who she's always been. It's a universal message of empowerment for anyone – young or old, male or female – who's

ever been made to feel like they aren't good enough. If Rihanna's irreverent cool has put her on pop's pedestal, Taylor's endearing awkwardness has won her the crown.

Her video for "Shake It Off" is a visual echo of this ideology. Directed by the acclaimed Mark Romanek (*One Hour Photo, Never Let Me Go*), the video is "a sort of paean to the awkward ones, the 'uncool' kids that are actually cooler than the 'cool' kids," Mark tells *Vulture*. "She wanted to make sure that the message of the video came through clearly. This notion that not fitting in is more than OK."

The four-minute video shows Taylor dancing to her own beat, fumbling through dance genres like ballet and ribbon dancing amongst seasoned pros: "I'm essentially doing all the worst mum-and-dad dance moves you could ever think of in the midst of these incredibly disciplined, beautiful, sophisticated creatures," she gleefully explains on one of the outtakes. "It's heaven."

Showbiz is a game that requires constant reinvention for an audience as fickle as they are bored, and Taylor has managed to pivot accordingly and keep on top of the heap. Just two years ago, her name was synonymous with being a boy-crazy serial-dater who used her romantic escapades as material for music. But that eventually became tiresome for both artiste and audience.

She tells Rolling Stone: "I feel like watching my dating life has become a bit of a national pastime. And I'm just not comfortable providing that kind of entertainment anymore. I don't like seeing slide shows of guys I've apparently dated. I don't like giving comedians the opportunity to make jokes about me at awards shows. I don't like it when headlines read 'Careful, Bro, She'll Write a Song About You,' because it trivialises my work. And most of all, I don't like how all these factors add up to build the pressure so high in a new relationship that it gets snuffed out before it even has a chance to start."

And so, she took a romantic sabbatical for two years while she worked on 1989. Until she paired up with DJ-producer Calvin Harris in March this year, Taylor spent the time between building her new girl gang of famous friends, which now includes Cara Delevingne, Lena Dunham, Ellie Goulding, Karlie Kloss, Selena Gomez and Lorde – all heavyweights in their own right.

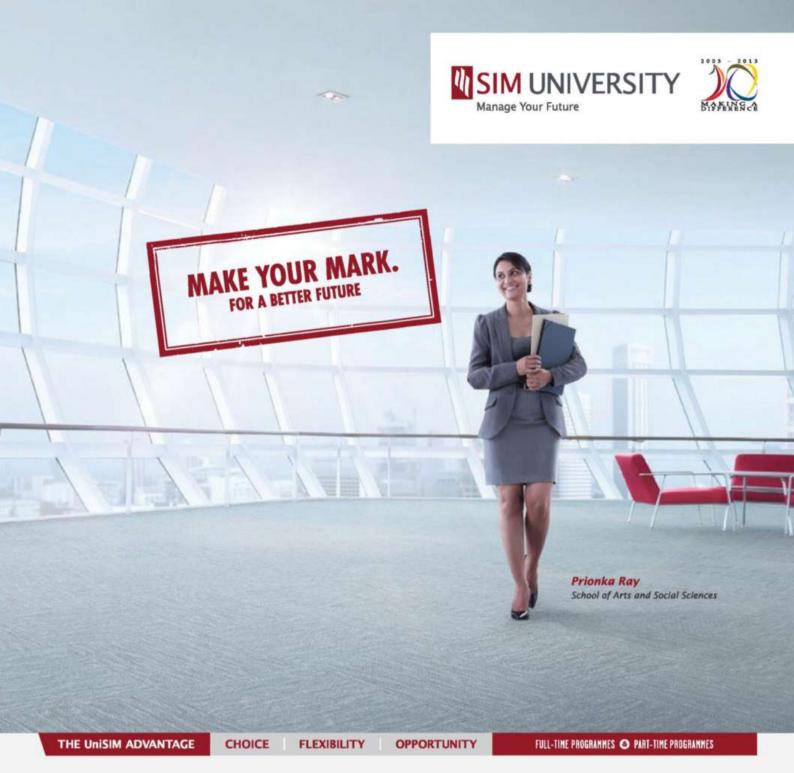
The turnabout probably counts as one of Taylor's best career moves, lifting her up and away from frivolous tabloid headlines to her new status as a proponent of feminism alongside her power posse.

And if Taylor needed to cement her Queen Bee status, the deal was sealed when her squad showed up in full force and helped her put out what was possibly the most star-studded of music video cameos for "Bad Blood" – we're talking Cindy Crawford, Ellen Pompeo, Gigi Hadid, Cara Delevingne, Jessica Alba, and that's not even all of them.

Even as Taylor continues to reach new heights with her already-spectacular career, she takes care to keep her fans close. As part of her promotions for 1989, she invited select fans to her homes in Rhode Island, California, New York. Nashville and a hotel room in London for secret sessions where they hung out and listened to her yetto-be-released album before anyone else did. She trawls social media to personally interact with her fans, leaving comments on their Instagram accounts and sending them into a oncein-a-lifetime frenzy. She's been known to send her fans presents, but not before she goes online and finds out what their likes and dislikes are so she can make informed choices. You may choose to be impervious to Taylor's charms, but she sure isn't going to make it easy for you.

"I want to make the most of this cultural relevance or success or whatever you want to call it," she tells *The Telegraph*, "because it's not going to last. I have to be as good a person [as I can] while my name matters to them. Because it's not always going to matter to kids who are 15 and really struggling with who they want to be or [because] their friends were brutal to them at school that day. That's actual turmoil. I have to do everything I can to make their day better while I still can."

Spoken like a Queen.





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# Mum's the Word

Let's be honest, mums rule the universe. And that includes social media.

The last thing we want is for our parental units to start becoming social media-savvy, right? Wrong. These days, the tables have turned - social media's coolest mums are so over Facebookstalking the kids. Meanwhile, we're hooked onto every post that comes from these mad-cool mamas...

#### @accordingtomymother

The lesson to learn from Daniel K. Isaac's relationship with his Korean-American mother? When it comes to cultural and generational differences, the solution isn't guilt or resentment, it's humour. All we can say is, we can't wait for the movie.



#### @crazyjewishmom

Following this account makes us wonder if Kate Siegel, the daughter who has to deal with said Jewish mom, is more blessed or cursed to have such an absurd relationship with her mom. But for the most part, we're just happy to spectate.



#### @baddiewinkle

The OG (read: Original Granny) of social media, Helen Van Winkle's social media alter-ego is Baddie Winkle, an octogenarian whose sense of style has earned her modeling campaigns,

made her the subject of documentaries, and earned her over a million followers. #Goals. G





f you've ever seen *House*, *Sherlock* or any other shows in the mystery genre, you'll recognise the classic signs: the music slows, the camera zooms in for a close-up, and our hero stops talking mid-sentence. His eyes widen slightly or his face stills – all of this signifying that a sudden awareness has dawned upon him. Turns out, it

was... small cell-lung cancer! Or it was... the taxi driver!

In real life, however, realisations and epiphanies are rarely ever so cinematic, well-timed or even tidy. Instead, it's often only with the benefit of hindsight that most of us realise our feelings of frustration, sadness or dissatisfaction were building up towards an epic, life-

changing revelation.

But, as it turns out, that's what wake-up calls are usually for. They're the silver lining of life's stormy seasons, the light that awaits at the end of life's dark tunnels. If you think of life as a learning process, they are those little slivers of wisdom that follow a challenging period of difficulty. So if you've ever found yourself wondering, "What's the point?" – take heart and be patient. Turns out the answer is usually right around the corner.

#### LIFE IS A BATTLEFIELD

"Two years ago, I was an active beauty YouTuber and blogger, but I was unhappy and depressed," recounts Roseanne Tang (roseannetangrs.com). "I still had to keep up with the smiles but the blogging industry was tough and it was easy to spiral into a fit of comparsions – where all I could think of myself was that I was not enough: that I wasn't beautiful, relevant or interesting."

"That year was tough for me because I wasn't sure if I wanted to do this my whole life; to be judged and seen this way," she continues. "But I wanted to try. After all, I was doing it for so many years already and to give up now would be a waste. So I fell into this trap of trying to be someone I kind of wasn't – dyeing my hair brown, wearing fake lashes and ignoring the pain when I wore heels. The struggle I had with myself wore down my self-esteem and confidence. Funnily enough, it was really a war against myself and I had started it."

If life feels like a constant struggle, "sometimes a wake-up call shows that we live in dissonance with our essence or we have forgotten our values," says Ralitza Peeva, a Wellness, Leadership and Life Coach at COMO Shambhala Urban Escape Singapore. As such, it can reveal fundamental gaps in the way we live our day-to-day lives, says Ralitza. "We go through our days with our 'eyes wide shut', we take for granted too many people, and we have stopped noticing what is important in life. Or it shows that we have repressed our identity or needs, and we have lost ourselves in the constant effort to complete tasks, to do more, to be more."

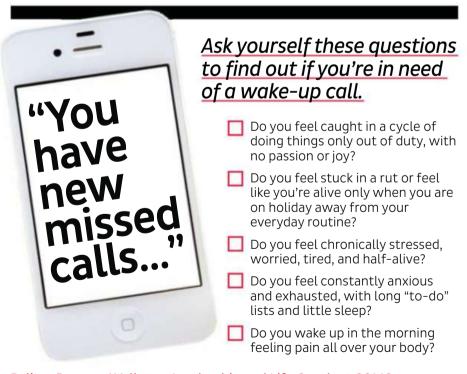
### SILVER LININGS

Though it can seem tough when you're in the middle of an emotional crisis, it's worth knowing that every challenge is also an opportunity – to learn. "A lifechanging moment allows us to get back in touch with ourselves and change the way we are," says Ralitza. "Such a realisation unleashes powerful energies in us and is often accompanied by a wide range of emotions: anger or joy, fear or courage, shame or acceptance. But regardless of the type of emotion it generates, a life-changing moment is invariably a major step towards change and self-discovery, and becoming a deeper, more authentic and more compassionate human being."

Translation: change is never easy, but it's worth it. "Even though I was the one who broke up with my ex-boyfriend John, I felt a sense of panic before, during and after because I knew I was letting go of something good," reveals Jolene. "It was only after the emotions had settled that I realised it wasn't just the typical irreconcilable differences that caused the end of us. He wasn't what I wanted; he was oxygen in a shrinking room. When I finally found myself again, I saw the relationship for what it was - an escape. Since then, I've vowed to give myself time before jumping into a new love and to always be myself in a relationship, as hard and as easy as it is."

At the end of the day, says Ralitza, it

comes down to that age-old cure to heal all wounds - time. "Take the time to focus on the meaning of the wake-up call," she advises. "What does it reveal to you about who you are, about the way you live in the present moment?" When you're in the midst of a big wake-up call, it can also be easy to get overwhelmed with emotion. So it may help to break time down into different stages in order to properly visualise your wake-up call for what it ultimately is - part of a necessary journey of self-learning. "Our thoughts often bring us either back in the past, where depression and sadness live, or in the future, which causes us anxiety and fear," says Ralitza. "We have forgotten to stay in the present." And most importantly, don't paralyse yourself with worry: "Take the time to stay in the moment and understand the emotions you're experiencing," she advises. "Think about the ways in which you want to change your everyday life, your immediate goals. Think of what you want more of and less of in your life. Make decisions and start with small steps. Just start."



Ralitza Peeva, a Wellness, Leadership and Life Coach at COMO Shambhala Urban Escape Singapore says: "Then it's time for a wake up call. We live every day, not in the future. Change is always possible. You can always start being a better you. Start now: with a deep breath and with a note of gratitude."

# 10 Things You Didn't Know You Could Ask

## Siri and Googl

Mirror mirror on the wall, the 21st-century girl doesn't need you at all when there's sassy Siri and wise guy Google to consult instead. We put these two super bots to the test.

### Dear Sir

**1. How many calories are in a \_\_\_\_?** If you're keeping track of how much you're eating, this is an easy way to calculate the total number of calories in your meal without having to pull out a reference chart.

#### 2. What is zero divided by zero?

"Imagine that you have zero cookies and you split them evenly among zero friends. How many cookies does each person get? See, it doesn't make sense. And Cookie Monster is sad that there are no cookies. And you are sad that you have no friends." Well played, Siri. Well played.

#### 3. Can you generate a password for me?

It's about time you stop using basic passwords like "password123" for your online accounts. Give the command "Wolfram password" and Siri will generate a random one for you that contains eight characters with uppercases, lowercases and numerals.

#### 4. Flip a coin/Roll a dice

Great for when you can't decide between patronising the char kway teow or chicken rice stall.

#### 5. Can you wake me up at \_\_\_ tomorrow?

If you can't be bothered to tap on your phone to set an alarm, Siri can do it for you. The same works for the reminders list on your phone: just say "Remind me to ."

### Dear Google...

#### 6. What is Ryan Gosling's phone number?

OK, so the search engine failed to get us the actor's actual contact number. But we got his management office's number and an address to send fan mail to. That's better than nothing, right?

#### 7. How much does it cost to fly to the moon?

\$1.5 billion for two-to-go. The service is offered by Golden Spike Company, an American "space transport startup company" that was founded in 2010. If budget's a main concern, there's another company called Space Adventures that's offering the same deal for only \$150 million.

#### 8. How do I kill a cockroach?

Google very kindly found an article that taught us a pesticide-free method to slay a cockroach, so that we don't accidentally poison our cat. Who knew some dishwashing liquid and water in a spray bottle could be just as effective? PS: alcohol works too.

#### 9. When will the world end?

September 2015. Well, seeing that you're reading this in October...

#### 10. What is the best video of all time?

Judging by YouTube views alone, it's "Charlie Bit My Finger". But if you asked Kanye West, it'll be queen Bey's "Single Ladies". #VMA2009NeverForget





Images TPG/Click Photos Text Sophie Hong

# Further Your PASSION FOR BEAUTY

Is makeup more than an interest to you? If so, take your first step into the beauty industry with Cosmoprof's Diploma in Professional Makeup Artistry.

If you've ever wanted to work magic with makeup, Cosmoprof's Diploma in Professional Makeup Artistry is just the course you need. With 29 years of experience. Cosmoprof is one of the most reputable trade schools for makeup and beauty. Let the experienced teachers equip you with all the skills you'll need to join the ranks of professional makeup artists. Here's a peek into what you can expect.

#### LEARN A WIDE RANGE OF MAKEUP SKILLS

Cosmoprof's Diploma in Professional Makeup Artistry helps you build a well-rounded portfolio by the time you graduate. Aside from the fundamentals, you'll be exposed to bridal, fashion, special effects and theatrical makeup. There's also a hairstyling module for you to learn how to create gorgeous looks. Best part? Photography services are included, so you'll definitely amass a solid portfolio before you graduate!

#### **EXCITING INTERNSHIP OPPORTUNITIES**

Were you freaked out by the creepy ghouls at Universal Studios' Halloween Horror Nights this year? Then you should know that some of their makeup was done by students from Cosmoprof who interned at Universal Studios! As the official partner of large-scale events like Fashion Steps Out, Chingay Parade and the 28th SEA Games, you can be sure that Cosmoprof will give you a chance to show the world what you've got.

#### **GET A FREE PROFESSIONAL MAKEUP KIT WORTH \$2,000**

Let's face it, cosmetics can burn a big hole in our wallets. Cosmoprof knows that, so they provide each student with a makeup kit that's fully stocked with Kryolan products.

From essentials like eye pencils to special effects makeup must-haves like bald caps and spirit gum, this kit will let you hone your craft with tools that the pros use.

# Cool. Calm. Collected

Stop counting sheep, and count these 10 ways to transform your bedroom into a tranquil oasis instead.

Follow a calming colour palette. • Keep to neutrals, soft greys and muted tones.

If you're big on colour, add one or two accents, like an arm chair or throw.

Invest in linen bedding. It's breathable, feels delicious, and you can mix and match your colours to up the luxe factor.

Tap into this year's trend of bringing elements of nature indoors. Incorporate artwork with naturalist subjects like skies, seascapes and forests. Stick to one to two prints only.

Make friends with indoor plants. Fact: they bring on calming vibes (and just look plain awesome).

Exposed lightbulbs look great but can be a little bright and rough on the eyes. Invest in a beautiful shade think equal parts good-looking, practical for reading, and soft for winding down after a long day.

Use just one scent for your room. Creating a scent association with your sanctuary will instantly put you into relaxation mode after a hectic day.

Declutter your bedside table using • the rule of three. That is, only three items on it ever.

Stack your mags away from your bed with the spines against a wall to achieve a neutral effect. Place one or two decorative items on top like a plant or candle to keep it from looking

Add cushy, inviting textures like velvet or woolv knits via cushions and throws.





### Talk to the Beauty Expert



Does your skin feel a little rough around the edges? Let a DRx expert help smooth things out.

Dr. Felix Li
MBBS (Singapore)
The DRx Clinic

#### THIS MONTH'S SKIN PROFILE

Age: 23 Type: Dehydrated and flaky

**Woe:** Dry, flaky skin around the cheek area.

Makeup does not sit well on the skin.

# My skin looks and feels parched!

"You have dry skin. This may be due to genetic predisposition, chronic UV damage, smoking or lack of sleep. These all leads to a loss of skin elasticity, and reduces the skin's natural ability to retain moisture. For young Singaporeans, other common causes include long hours in an airconditioned environment, frequent jetsetting, as well as the use of harsh skincare products, especially those targeting acne.

An active lifestyle that includes exercise, a diet packed with

antioxidants, restful nights, and diligent UV protection will go a long way towards keeping your skin healthy. Of course, no skincare regime is complete without a good moisturiser, and it is very important to find one that's best suited for your skin type. An example is the reformulated DRx Hydrator, an excellent moisturiser for oily, acneprone skin types. It's completely oilfree with a light, gel-like texture, but packs a high performance moisturising formula that keeps the skin hydrated and healthy, even with the use of

strong, drying acne products.
Another example is the latest product from our research and development team, the DRx Intensive Moisturiser. It has a rich, hydrating formula that helps the skin retain moisture, keeping the skin firm and supple throughout the day. It's suitable for those born with dry and sensitive skin, as well as those travelling to countries with cold and dry climates."



DRx Intensive Moisturiser is available from November 2015.

#### A BOOST OF OXYGEN



Want to impress on a first date or have a work presentation to nail? Put your best face forward with DRx O2 treatment, a must-have facial at the award-winning Medispa. A treatment that's popular with Hollywood A-listers, DRx O2 uses a pressurised stream of pure oxygen to deliver active ingredients from their unique rejuvenating and whitening serums deep into the skin to repair, hydrate and improve your skin tone and texture. After just one session, you'll look and feel as radiant as a star!

#### The DRx Clinic

#16-01, 302 Orchard Road, Tong Building, Singapore 238862 Tel: 6733 1555

#### The DRx Medispa

#14-02/03 and #16-02, 302 Orchard Road, Tong Building, Singapore 238862 Tel: 6733 1555



# **STOP**

Guilt Dating

Because turnina someone down doesn't make you the bad guy.

How generous a dater are you? I'm not asking whether your toilet visits always miraculously coincide with the bill appearing. Rather, how open are you to a second date when the first one wasn't great?

One of my best friends is an extremely charitable dater. I once enquired how a date had gone. "He seemed arrogant," she told me. "And he kept talking about money, which I hate. And he didn't get my humour." In other words, not quite the how-wemet story that she'd dreamed of telling her grandkids. When I asked whether she'd ever see him again, she confessed, "I just feel so bad saying no."

Last year, a study by Yale and

Toronto Universities found that 74 percent of people would date a stranger waiting in the next room -

If paper was the key to compatability, men would send their CVs rather than pics of their penises.

even if they didn't find photographs of them at all attractive - simply because they were worried about hurting their feelings. But in the age of dating apps, never writing anyone off is exhausting. My friend squeezed coffee dates into lunch breaks; she skipped the evening gym class she loved for multiple men she didn't like. The fear of feeling bad

emotionally began to make her feel bad physically.

Another friend of mine dated a guy long past his expiration date because she felt guilty for letting down the mutual friend who'd set them up. "He's so good on paper!" she'd wail. But if paper was the key to compatibility, men would send revealing shots of their CVs, rather than pics of their penises.

There's a remedy for guilt dating, though, and it isn't turning mean. It's

> losing the view that turning someone down is mean. Let me explain. Years ago, I met a guv - let's

call him Owen - online. Internet dating was pretty new, and the bulk of its clientele questionable, so I still consider it a miracle that he was so gorgeous. Imagine a geeky Zac Efron: dark and so cute that we made conversation for three minutes then just made out for the rest. But as we continued dating, I hit a major roadblock. When I asked

Owen what he wanted to do each time we went on a date: "Anything you'd like to do." His food preference: "Anything you'd like to eat." While I didn't really want a chest-beating alpha male, I did want someone who could make a decision.

Against advice that I was throwing away someone - you guessed it - great on paper - I texted and admitted that I couldn't see it working. He replied: "This has happened a few times, can I ask why?" Instead of batting back the "I'm so busy" cliche, I was honest. I said that he didn't seem to believe in himself. I explained that selfconfidence was an incredible attribute, and he had everything to be selfconfident about, but wasn't. He told me it was the most useful text he'd received.

Just a few weeks ago, Owen got married. I smiled when I saw the pictures on Facebook. Because turning down someone you're not compatible with isn't mean, it's kind. It lets them find someone they click with. And it's kind to you; because the one thing you never ever want to feel guilty about is not putting your needs first. G

## Work That Style

Tired of the same old boardroom look? With the right pair of Alluring Eyes 1-DAY lenses, FreshKon® shows us new ways to confidently liven up your workwear wardrobe that are as easy as 1-2-3.



When you're fresh out of ideas on what to wear to the office, give your little black dress a break and make a structured maxi or midi skirt your new go-to instead. The long length is effortlessly glamorous and, as a bonus, the silhouette is not just chic, but super comfortable too. To avoid looking like you're ready for the weekend, just make sure you wear long sleeves and a fitted top, rather than a loose blouse or tank.

Don't forget to pair it with...

FreshKon® Alluring Eyes 1-DAY lenses in **Mystical Black** The subtle eyeeffect instantly

enhancing brightens up your entire



Want to show off your feminine side at work, but not sure how to go about it? The key is in contrasting layers and structures. Flared or A-line silhouettes are softer than pencil skirts, and boardroom-appropriate, too. You also don't always have to wear a collared shirt – a dressy camisole can also work for the office, but throw a blazer or soft trench coat over the whole ensemble to keep it professional.

Make sure you pair it with... FreshKon® Alluring Eyes 1-DAY lenses in Winsome Brown



with the gentle allure of this winning, natural brown shade



If you want to make a stylish statement at the office, don't feel like a suit or a dress is the only option. The right jumpsuit can provide just as much polish whilst being a bold choice for a corporate function. Choose a well-tailored jumpsuit that's made of a heavier fabric. And remember, because it's a one-piece, you'll end up wearing whatever colour you pick from head to toe, so stick to a flattering neutral palette.

Complete your look when you pair it with... FreshKon® Alluring Eyes 1-DAY lenses in



All eyes will be on you with this cool hue.This steely gaze certainly won't take no for an answer!



## Hit refresh on your style with the FreshKon® Alluring Eyes 1-DAY lenses.

By adding subtle definition to the iris, cosmetic lenses are a simple yet effective way to update your look. The timeless, versatile shades of FreshKon® Alluring Eyes 1-DAY lenses effortlessly brighten your eyes so you can project the style you desire. Best of all, they're super comfortable, thanks to a surface with 58 percent water content, hyaluronic acid for all-day hydration, and Hydro Micro-Insulation Technology™, which keeps the micro-colourants isolated from your eyes. The result? Natural, healthy, alluring eyes you can wear with confidence, no matter the occasion.

FreshKon® Alluring Eyes 1-DAY lenses, \$56 for a box of 30 pcs (15 pairs); \$22 for a box of 10 pcs (5 pairs). Available at participating optical outlets















## on Your Social Media Cachet

Since you already spend so much time and effort on social media, why not make some money while you're at it? Here's how.

Blogger Danielle Bernstein of We Wore What almost broke the Internet when she revealed that she gets paid from US\$5,000 to \$15,000 for a piece of sponsored content. In the same Harper's Bazaar article, industry estimates stated that brands spend over a billion a year on sponsored Instagram posts. Right. Now, where do we sign up?

The thing about "this new world of social influence", as Mark Schaefer calls it in his book Return on Influence, anyone with a data connection can get in on it. He writes, "We are entering the age of the Citizen Influencer, in which every person has a chance to get behind the velvet rope... You too can be an Internet celebrity. You too can earn your way into the influencer class. You too can discover the power of your own return on influence. And in fact, many companies already have." But how do you catch the eye of marketers in a sea of digital natives?

#### Find your niche

When everyone can snap the same topdown shot of their brunch and use the same filter, the importance of a distinct voice cannot be underestimated. Figure out what you are - and will continue to be – passionate about, and create

unique content that will allow you to go beyond merely reporting news, to become a trusted expert in your field.

#### Consistency - and quality - is key

You wouldn't start a business without a clear and strict strategy. If your end goal is to make money from social media, why should it be any different? A content calendar will ensure you post quality material several times a day, across various social media platforms. Your feed is your resume, and every post can influence the decision of whether or not a brand thinks you will complement its marketing strategy.

#### Be aenuine

With so many content providers out there, it's crucial that you put in the effort to grow your own loyal and engaged audience. Community-building comes about when you are clear about what you stand for; and it comes through in your content, the brands and partners you choose to work with, and in how you build up a rapport with your followers through comments and answers to queries. Once brands see that you can communicate their consistent and discerning way, they're you as an influencer.

vision to your followers in an authentic, much more likely to want to work with

#### INTERNET INFLUENCERS

Look to these three social media success stories for further inspiration.



Chiara Ferragni Ferragni turned her fashion blog The Blonde Salad into a US\$8 million business, which landed her on the 2015 Forbes 30 Under 30 list.



**Josh Ostrovsky** Gaining notoriety via his Instagram feed, comedian The Fat Jew has close to 6 million followers, and is said to earn around US\$6,000 for a sponsored post.



**Grace Helbig** The YouTube star has parlayed her fame into a talk show on E!, a New York Times bestseller, and corporate sponsorships with the likes of Marriott.



# NO FILTER NIEEDED

Put your best face forward with LUNA's one-of-a-kind foundation. Half compact, half BB cream, this nifty foundation. Half compact is the secret to looking Korean beauty must-have is the secret to looking flawless – both in real life and on Instagram.



#### I woke up like this

The secret to the effortlessly chic "no makeup" look lies in a foundation that provides good coverage without caking. The LUNA Water Essence FounPact EX not only gives you a natural finish thanks to its unique blend of compact and BB cream, it also keeps your skin radiant with its high moisture content. Formulated with 70% mineral moisture essence and 48% Nordenau water, the compact creates a sheen of water across your face, hydrating, cooling, and covering your skin all at the same time. The best part? The serum infusion in this foundation – which contains nine nourishing extracts – gets absorbed into your skin, so you're not only putting on makeup but skincare as well.

#### All day, every day

Ain't nobody got time for touchups! Thankfully, the long-lasting LUNA Water Essence FounPact EX creates an invisible moisture barrier on top of your makeup, which prevents it from smudging or slipping off. The foundation is also waterproof and provides UV protection, so you can go about your daily activities without worrying about unsightly streaks. With this Korean bestseller, your complexion will always be dewy and on point.

PERFECT PAIR

Some days, you just need more coverage. The LUNA Wonder Essential B.B Founde is a lightweight formula that provides maximum coverage, thanks to its natural pigments. Containing the multifunctional PowerVita Essence, it also brightens skin tones and irons out wrinkles. To help your makeup stay better, prep your skin first with a generous spritz of Vita Water Fixer. This will hydrate your skin, enabling your makeup to glide on effortlessly. After applying makeup, spray it on again to create a thin, smooth layer of moisture to keep your skin fresh and radiant all day long.

LUNA was first created and used by famed Korean makeup artist Cho Sung Ah.

Exclusively available at

#### watsons

Luna is available at Watsons at #B1-14/15/16 Parkway Parade, #B2-06/07/08/09 Ngee Ann City, #B1-64/65/66 Northpoint, #02-27 to 33 Bugis Junction, #B1-07-08 Tampines Mall, #B1-12/13/14 Jurong Point, #02-07/09 Novena Velocity, #02-29 Changi Airport Terminal 3 Transit, #B1-42 Raffles City Shopping Centre, #B4-12 ION Orchard, #B1-39/40/41 Ang Mo Kio Hub, #02-57 Nex, #B1-14/15 Causeway Point, #B1-07 Jem, #B2-12/13 Bedok Mall, #B2-15/16/17 VivoCity. Please call 6569 3580 for more information.





We all know the feeling of churning out reports while lazing in bed – it simply doesn't work. So here are some tips to help you get through your to-do list in no time, even when you're not in the office.

#### **GET OUT OF YOUR PJS**

Working from home doesn't mean spending the day in your blanket fort with your laptop. Going through the motions of getting dressed will put you in the right mindset for a productive day ahead.

#### **KEEP IT COOL**

21°C is just the right temperature for maximum work productivity, according to a study by the Berkeley Lab at the University of California. But feel free to adjust the temperature if that makes you freeze. After all, you're the boss at home!

#### TURN UP THE SPEAKERS

Music can up your productivity, but the genre that will make you most efficient

differs based on what you're doing, says a study by Mindlab International. Blast your fave T-Swizzle hits to tackle dataentry tasks faster, but opt for Beethoven if you're crunching numbers. For the wordsmiths, EDM can help you proofread and spell-check faster and more effectively. Who knew?

#### HAVE A BREAK

A 17-minute break for every 52 minutes of work is the golden ratio when it comes to optimum productivity, according to researchers at the Draugiem Group. We doubt you'll be able to get away with this in the office, so plus points to working from home!

#### SIT UP STRAIGHT

Your mind needs oxygen to function,

and sitting up straight gives your lungs more space to expand as you breathe. A good chair helps you do just that, so don't scrimp the next time you go furniture shopping. Needless to say, lying in your bed is defo not recommended if you want to get any work done.

#### **BE INSPIRED BY COLOURS**

Green is good for those who put in long hours. Aside from the fact that it doesn't make your eyes tired, it also helps you remain calm and efficient, says a study by the University of Texas. For those in the creative line, yellow helps to inspire you. As for the rest, blue is always cool when it comes to helping you focus on your tasks.

# So You Think YOU WANT MYJOB?

What does it take to work for a social networking giant like Twitter? Pratiksha is proof that, as it is with a dream job anywhere else, experience and enthusiasm will get vou everywhere.





#### The world is your classroom

"Having lived in multiple cities, I've always been interested

in popular media as it helps me understand and give context to new places and people. I studied Economics and French at Northwestern University in the US, and interned at Bedouk Meetings & Events Media and Sotheby's in Paris. Upon graduation, I decided to return to India, and try my luck in TV and media. I started as an apprentice in TV production at a TV station and, after about two years, I started managing its digital content production. There is a lot of room for growth in that area in India, and I wanted to evangelise the digital medium on a bigger scale."

#### Think big, act small

"The internet democratises content creation and distribution, and Twitter has the power to connect people to realtime information like no other platform. I was excited to be part of that and empower internet users globally. As one of the first four employees at Twitter in India, the first year was incredible, as we presented Twitter to partners and users nationally. Working as part of a small and close team was a great opportunity to learn about multiple roles. I'm looking forward to taking all of that startup experience to build up

#### **CAREER EXPERIENCE**

#### 2010

Apprentice, NDTV (New Delhi)

#### 2011

Production Assistant & Content Developer, NDTV Lifestyle (New Delhi)

#### 2012

Content Manager, Digital Media, NDTV Lifestyle (New Delhi)

Manager, Content Partnership. Ixigo (Gurgaon)

#### 2013

Associate Partnerships Manager, Twitter (Mumbai)

#### 2014

Media Partnerships Manager, Southeast Asia, Twitter

the media partnerships function across Southeast Asia. There's a lot to do, but it's all very exciting work."



#### All experience is relevant experience

"In my current role, I spend a lot of time working with media organisations on

how they can leverage Twitter to reach and grow their audience. Having the operational knowledge of mass media and broadcast through my past work experience has been extremely helpful in understanding how we can support our content partners and help them leverage Twitter to reach their goals."

#### **Enthusiasm trumps** everything

"The most important requirement of a job like this, in my opinion, would be enthusiasm for the possibilities of [the company] and its corporate mission statement, as well as passion for empowering internet users. Understanding and, more importantly, having a genuine interest in media and broadcast is also very crucial to truly deliver unique experiences to users and business partners."

#### Enrich, enable, empower

"I love discovering those moments of inspiration when a user is able to get help from the local government in a moment of crisis via Twitter, or an NBA fan in the Philippines is able to engage in an #OnlyOnTwitter conversation with their favourite basketball player... there are so many examples of these amazing conversations that Twitter enables, and enabling them, while also empowering our partners and users to delight and enrich their daily lives, is extremely inspiring."

## CLEO CAREER CADEMY 2015

A recap of all the highlights and words of wisdom from our talented panelists.

#### **Panelists**



Editor, CLEO magazine and



Manager, Clinique



Marketing,



Tan Lay Tuan Senior Production 1anager, Branded The Walt Disney Company SEA



**Isabel Yang**Pole Vaulter Medalist

If you've got to

dress formally at work, this

outfit's the one to go for.













Office wear doesn't have to be a drab. Our Fashion Director Janice teaches us how to hustle in style with G2000. The good people from Jobstreet were also giving out tips on crafting eve-catching CVs.

> Brighten your dreary Mondays with some colour! We're totes digging this smart casual #OOTD.

> > cover letters!

Always be succinct when writing your



professionally at the G2000 booth

#### **Panelists**



Belinda Ang Director. ThinkBIG



Entreprenuei





Riley Tang 1/4 of The Sam Co-founder





#### Dare to stray

Who says there's only one way to success? These young gurus talked about pursuing their passion in our second session of the day.

If it's worth having then it's worth fighting for. Belinda challenges us to strive for what



It defo takes more than passion to win a SEA Games medal for our nation like Rachel did.



As part of local band The Sam Willows and co-founder of a yoga studio, Sandra encourages all of

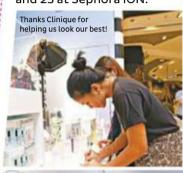






### #FaceForward and chase your dreams To spur us on to a better

future, Clinique helped everyone perfect their first impressions on August 22 and 23 at Sephora ION.







#### It's a wrap

Participants took home goodie bags containing over \$100 worth of Clinique products and G2000 vouchers!



# Facebook Knows When You'll BOOK BOOK When You'll Control To the second of the second o

hat increases twice a year, peaks a little on a Monday and flattens out as year-end approaches? The likelihood that your relationship will end... according to Facebook. With the aim to predict our break-up patterns, data journalist David McCandless plotted over 10,000 statuses that included the words "break-up" or "broken-up". Given the oversharing nature of social media ("Toby and I are over."), we're guessing hunting down the PDB (public displays of break-ups) wasn't the hardest part, but rather working out why the "It's complicated" talks happen when they do (Mondays in March, BTW). Having experienced our share of break-ups, Team CLEO is skilled in relationship fails. We've taken David's data and drawn our own conclusions.

#### Valentine's Day

Early February is two weeks before that day everyone hangs out in pairs, which might make people more likely to stay in a relationship that's past its use-by date. The spike on the actual day has to be lack of loving... or a bad gift.

**FEB** 

#### March

Not only is it Spring break, it's also the month where we celebrate our coveted CLEO Eligible Bachelors. We're guessing this is why David's data reflects a big spike in break-ups. Parties mean cute guys. And cute guys is plural. You do the math.

#### MAR

April Fool's Day I cheated on you. Ap

"I cheated on you. April Fool's! LOL" If anyone pulled this on us, we would probably end things then and there. Which might have happened here... Unless everyone's faking it?

Our brains hurt.

APR

MAY

JAN

JUN

Fext Cassie Steel Additional Reporting Alicia Tan.

Why consult a crystal ball or the stars to find out when your relationship will run its course, when an algorithm can do it for you?

**Day** Breaking up with someone on December 25 is like hating on cheese, Ryan Gosling and puppies: it's just plain wrong. Luckily, according to David, it doesn't happen much. And if it does? Look at it like a gift – this is a realisation he's not the best guy.



#### Two **Weeks Before**

David's study proves the fortnight before Christmas as the most popular time for couples to call it quits. This has to be more than not wanting to get them a gift. Perhaps it's the stress of whose place to head to and the feels that this time of year tend to bring up. Either way, it's got to suck. That, and the questions you'll get asked by relatives... URGH!

Mid-year We've hit July now, which means only six months left to do all those things you said you'd do last NYE (read: after four vinos). Making mini mid-year resolution isn't uncommon, often resulting in a sudden desire to rearrange your whole bedroom, get a pixie cut and book a trip to everywhere (without him). Oops.

#### Mondays

This start of the week is bad enough, what with the whole work/school/doing-allthe-chores-you-were-gonnado-on-Sunday-but-didn't sitch. But this is the most common day to end it. Our theories? A post-girls' night wake-up or emotional hangover caused by a weekend of bickering.

Making mini mid-year resolutions isn't uncommon, often resulting in a sudden desire to rearrange your room, get a pixie cut and book a trip to everywhere (without him).

DEC

JUL AUG **SEPT** OCT NOV





### PILLOW HAIR DAMAGE

# COMPLETE JARE



New Essential Night Care Milk

Protects hair cuticles and repairs damage caused by friction between hair and pillow during sleep. Leaves hair smooth and manageable the next morning!









# THE ULTIMATE NIGHT FIGHT

It's a rumble in the dark! Essential Night Care Milk takes on the biggest sleeper agent to threaten your hair's health and shine... the nefarious Pillow Friction!



Essential Night Care Milk, \$11.90

so go ahead and hit that snooze button.

## THE CONTENDER

Tossing and turning while you sleep is natural, but all that friction from your pillowcase disturbs the natural alignment of your hair cuticles. The result is that many of us wake up with hair that's more #frizzfest than #flawless. So don't underestimate the pillow – it can be a fearsome hair foe!

# ESSENTIAL NIG

## PILLOW FRICTION

#### A Heroine for Your Hair

Blow-drying, combing, split ends, breakage and dryness are common hair stresses that can bring your crowning glory down. Complete your hair care routine with the Essential CC Oil, which boasts moisturising and lightweight cuticle coat protection that can fight off these hair stresses, leaving your locks smooth, soft and tangle-free!

Essential CC Oil, \$11.90

Essential



Think you can defeat the powerful Pillow King? Head to http://apps.facebook.com/
EssentialManeHero to play the game and win fabulous prizes weekly!

Essential

ナイトケアミルク

Night Care Milk

用い流さないセクートメント

# mages TPG/Click Photos Text Jacqui King

# The Friendship Committee

Which mate do you turn to for advice on dating a new guy or quitting your job? Allow us to introduce you to your personal board of directors.

Hands up if you've ever bingewatched *Girls* with a gang of friends and ended up in a fit of giggles after you started comparing them all to your own group. Who's the wild, carefree Jessa? Or the headstrong overthinker Hannah? Without giving it much thought, you've realised something crucial in defining who we are as women. That's right, we need many different kinds of friends in our lives at any one time.

This is something behavioural change specialist Suzanne Waldron agrees is kind of essential. "People have unique qualities, traits and communication styles," she says. "Having various types of people in our friendship circle enables many different points of view, which can bring balance to opinions you may seek. We all have different needs at different times."

Just like a successful company, these pals make up your personal board of directors, a group you consult regularly to get guidance and feedback. There's no need to conduct meetings or even tell each person their board member status — but you do need to select the right people and keep in contact. Like a good board, the people you choose should contribute differently to the way you live your life.

According to psychologist Paula Watkins, choosing pals with opposite personalities helps us grow. "We're influenced by those we spend our time with, so it's very important to consider the qualities and traits you want in your life and those you want to avoid," she says.

People need friends like air; they're our lifeline. So next time you feel guilty for telling your co-worker your family issues rather than your BFF, don't be. There's a reason she'll offer you some insightful advice.

### The quiet one who listens

The reserved gal is usually the one you can confess pretty much anything to and know that she'll keep it locked in the vault for good. Remember sweet Becca (Ellie Kemper) from Bridesmaids, who drunkenly tells Rita on the plane, "You smell like pine needles and have a face like sunshine"? Your mate who uses her ears more than her mouth is totally Becca. "This person is great for helping you sort out your thinking in situations where you don't really need solutions; you just want to be heard and validated," says Waldron. Watkins agrees. "It's important to have people in your life who provide a safe and supportive space for you to express your deepest thoughts and feelings," she says. "Extroverts might benefit from the more gentle rhythms of their quieter friends. Just make sure you have the opportunity to be the one who listens too."







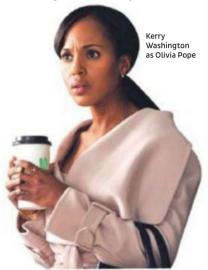


### The super-smart financial whiz

You know how Donna (Sarah Rafferty) from Suits knows everything because she's so smart and sassy? If you have a friend like her, you're on to a good thing. "This girl is great for grounding you in reality and using the facts. She'll be strategic and level-headed," says Waldron. "In making bigger decisions, especially financial ones, it's good to have these kinds of friends who can offer up some sensible advice," she adds. "If she's not a banker, look to another friend whose saving skills you admire and ask her for some tips." Tax time is when your money mate shines.

### The practical straight-shooter

Similar to Scandal's Olivia (Kerry Washington), she's not afraid to call you out on BS. If you want someone to feel sorry for you, you're looking at the wrong girl. "She'll challenge your way of thinking and create trust within the relationship - as long as you can handle the truth," explains Waldron. "Sometimes we convince ourselves of things we don't believe and we end up in conundrums entirely created in our head," says Watkins. "In scenarios like these, you can really benefit from the support of those honest, down-to-earth, straight-talkers in your life."











### The sensitive one who thinks with her heart

Oh, bless this girl. She's all romance, sunshine and doodled love hearts. Basically, she's the real-life walking, talking and always crying Jess (Zooey Deschanel) from New Girl. "This girl is good for discussing your relationships, having passionrelated convos and anything that means you can freely express your feelings," says Waldron. In the end, they'll make you think in thoughtprovoking ways. As Watkins admits, "They're likely able to offer a fresh and deeper perspective on challenges life throws our way."

### The party girl who's up for an adventure

A grade-A "Woo!" girl, you can be sure a grin will never be far from your face when she's around. Like Patricia "Fat Amy" from Pitch Perfect, this bestie's excessively extroverted demeanour can sometimes be overbearing, but thanks to her penchant for getting into random situations, she's also the reason you have so many awesome stories to tell. The biggest upside to being her friend, however, is that she oozes confidence, and her courage and kick-ass attitude have inevitably rubbed off on you. "This person is great for encouraging you to move out of your comfort zone, like asking for a pay raise or booking an experience you're nervous about," says Waldron. As Watkins puts it, "We all need a little adventure in our lives." Damn straight we do. Thanks to this party girl, we're all about the fun.





#### WHEN CHOOSING YOUR CREW

### Channel your feels

"If a certain relationship regularly leaves you feeling rotten, ask yourself whether you want to continue the friendship into the future," says Watkins. Breaking up with a friend is OK.

#### Know your stuff

"Decide what qualities you want in a good friend. Is it integrity? Trustworthiness? Encouragement? Make sure your board members have the necessary prerequisites," emphasises Watkins.

#### Show diversity

Watkins explains, "These people must have varied skills and experiences, so don't limit yourself to one particular gender or age bracket. You'll come to value their perspectives."

#### Have odd numbers

"An uneven amount of people in your group will cut out the potential of a tie happening in decision-making. This way, there'll always be an opinion that wins," advises Watkins.







## Mane Attractio

Be the talk of the town with the leading stylists from Apgujeong Hair Studio.

Helmed by award-winning hair stylist Kyle Shin 신, your crowning glory is in good hands at Apgujeong Hair Studio. With over 20 years of experience in various hair salons in Korea, Kyle is bringing his expertise over to Singapore for the first time, together with his team of highly-skilled Korean hairstylists. To find out more about Apquieong, visit their Facebook and website and book an appointment to be one of the first to sport the latest Korean hairstyles for 2016.







**Apgujeong Hair Studio is at:** #04-27 Tampines 1 Shopping Mall.

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apgujeonghair.com facebook.com/ApgujeongHair





Jo Yeo Jeong

Korean Celebrity / Actress

## NATURAL GOODNESS FORYOUR SKIN

If you've always envied Korean stars for their flawless skin but can't seem to find the time for a 10-step beauty ritual, Goodal's multitasking products are here to help.

It's common knowledge that a good skincare routine is the key to gorgeous skin, but to adopt a complete beauty regime like many Koreans do is not an easy feat. So Goodal has brought in two of its most popular products to get you motivated.

Based on raw seed fermentation from seven select seeds, Goodal's products brightens and firms your skin while raising its level of absorption so it's better able to take in the goodness of the natural ingredients while keeping your skin energised and hydrated throughout the day.



#### **Multitasking moisture**

The idea of using one product for each step of your beauty routine is great but let's face it, not everyone has the time to go through an array of products all the time. Speed things up with Goodal's three-in-one Super Seed Oil Plus Skin Mist, which can be used as a toner and serum before bed, and also as a light moisturiser throughout the day. This means you'll be able to get to bed sooner while defending your skin against dryness anytime with a single spritz!

Goodal Super Seed Oil Plus Skin Mist, \$39.90



Besides its moisture-boosting properties, this mist also helped to visibly brighten and revitalise my skin. As a bonus, it has a refreshing scent, which makes me look forward to

applying it every morning and night. As someone who prefers products made with natural ingredients, this definitely comes out on top of my list of beauty must-haves." Candice Au Eong, 23, Auditor

The Goodal Trans Foam Cleansing Oil and Goodal Super Seed Oil Plus Skin Mist are available at all BHG aLT stores, selected Guardian outlets and guardian.com.sg.





#### Go bare in one step

Removing your makeup thoroughly is essential for healthy skin, but this skincare rule is easier said than done at the end of a long day. Goodal's Trans Foam Cleansing Oil helps by removing your makeup while cleansing your skin at the same time. This two-in-one cleanser melts away dirt and makeup on dry skin, and transforms into a gentle foam when water is added. The lunoleic acid also helps keep your skin soft as you prep for your bedtime routine.



I enjoyed using Goodal Trans Foam Cleansing Oil because it left my skin feeling clean and refreshed after a long day of wearing makeup. It removes all my makeup

and doesn't leave my skin feeling dry or tight, but soft and moisturised instead. I especially love that it removes makeup and cleanses my face at the same time!" Abigail Han, 25, Artist





When it comes to our hair, we all want to make sure our crowning glories are not just a forgettable extra, but superstar-worthy. After all, the salon is the one place we get to pamper ourselves and get the A-list treatment, so if we don't walk out feeling like a celebrity, what's the point?

Having coiffed the manes of Korean A-listers such as Shin Min-A, Lee Hyori, Song Hye Kyo, Gong Hyo Jin and Oh Jiho, Korean celebrity hair stylist Jean-Pierre knows all about transforming lacklustre locks into gorgeous, scene-stealing 'dos. With over 25 years of experience in the beauty industry, he established his namesake salon – Jean-Pierre Hair Salon – in 2009. Since then, the salon has become a go-to for Koreans from all walks of life. K-Pop boyband ZE:A was even spotted frequenting the salon's Orchard Central location!

Working with Salon Director Elin Ea, Jean-Pierre's team of trained professional stylists and colourists focus on delivering a naturally beautiful aesthetic that's inspired by Korean beauty trends, but backed by an expert knowledge of Asian hair. At Jean-Pierre, it's all about sustainable styling, so you'll look and feel fabulous whether you've just stepped out of the salon, or the shower. Curious? Find out more about how to get limelight-lovin' hair with their two most popular services.







### SUPER STYLIN'

Always be ready for a close-up with Jean-Pierre's top two treatments.

#### VOLUME REBONDING

An expert in a variety of permanent hair styles, Jean-Pierre offers a wide range of perms – from Soft Volume Rebonding to Magic Setting Perms, Bold Perm, Glam Perms and Body Perms. One of the most popular services is Volume Rebonding, which straightens and smooths the natural frizz of Asian hair for sleek ends. It then adds lift and volume to the roots, resulting in a naturally gorgeous, youthful look that is easy to maintain.

#### **BALAYAGE COLOURS/HIGHLIGHTS**

Specialising in a futuristic balayage colour treatment with a modern twist, you can expect something different when you come to Jean-Pierre looking for a fresh colour. The stylists will first do an analysis and consultation to tailor-make a colour treatment that's designed to enhance each individual's skin tone. Suitable for all ages and professions, the resulting colour will bring out your brightest side, so you'll always be ready for the spotlight.

#04-13, 181 Orchard Road, Orchard Central Singapore 238896

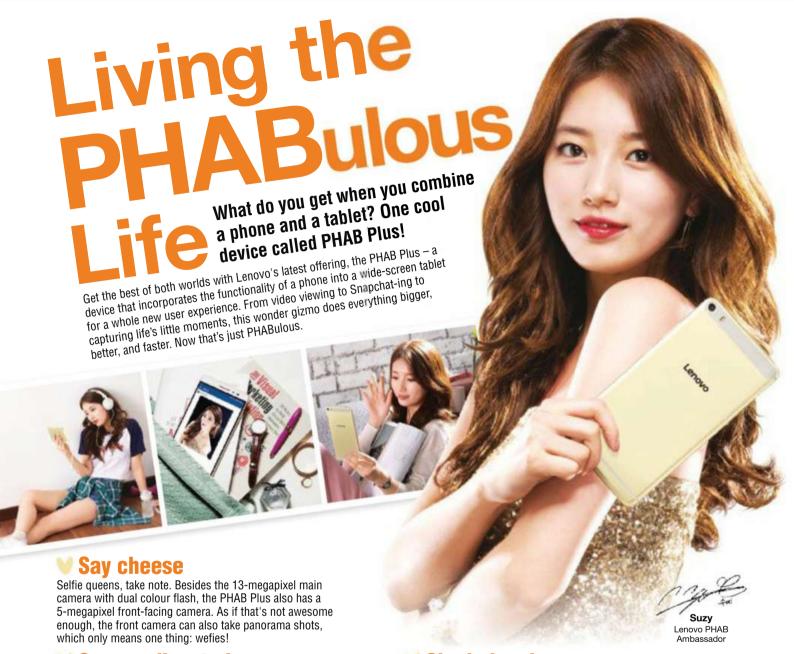
Tel: 6884 4544, 6884 4644 Fax: 6884 4944

www.jeanpierre.com.sg Operating Hours: 10am - 8pm

jeanpierrehair jeanpierrehairsalon







Say goodbye to lag

Powered by a Qualcomm Snapdragon processor, the PHAB Plus runs twice as fast compared to the average smartphone. It's suitable for both work and play, plus you'll never have to worry about lag. The mobile device also supports 4G networks, so you get the fastest data connectivity available.

#### Stunning display

With a 6.8-inch full HD screen in crystal clear 326 ppi resolution, the PHAB Plus is made for playing your favourite Korean dramas. Here's another piece of good news: the gadget is equipped with Dolby Atmos® – that's right, the same sound system used in cinemas – so you get immersive, high-quality audio wherever you go.

The Lenovo PHAB Plus retails for \$499 at all Lenovo Brand stores and all other authorised Lenovo Retailers. Available in gunmetal grey and honey gold.

Please visit www.lenovo.com/sg/en for more information.

www.twitter.com/Lenovo www.facebook.com/lenovo.sg

#### Single hand usage

Only one hand is required to navigate this phone and tablet hybrid. Simply trace a "C" shape on the screen to activate the single-hand micro-screen mode, which leaves your other hand free to multi-task. Despite its size, the device is designed ergonomically to fit into the palm of your hand, with a curved aluminum unibody for a better hold.

#### Travel-friendly

Hands up if you've switched out your SIM card when traveling overseas, only to lose it while on the road. Consider your problem solved with the dual SIM configuration, which allows you to have two numbers at any point in time. Need extra storage for all your holiday snaps? Just slot in an additional micro SD of up to 64GB in the device.







Your genitals aren't happy. Their biggest obstacle to pleasure used to be you taking your smartphone to bed. But a new form of contraception called Netflix will be available in Singapore early next year - and boy, is it effective. The latest US research shows that Netflix users stream for two hours a night, which is a lot of action... for your eyes. So, how can the rest of your body really benefit from it? Like diligent sexual scholars, we studied the formula that makes box sets so damn addictive and then applied it to total-body pleasure.

#### **Box Set Trick #1** THE HOOK

Unless a TV series unleashes an object of lust 15 seconds into its first episode - hey, Sons of Anarchy - your attraction to a show takes a while to bubble into obsession. The producer has to put in legwork to get the setting, soundtrack and storyline to push your buttons.

Sex, however, often comes with the assumption you'll be into it the instant the title springs up - or in this case, something lower down.

"The idea that you see a person and think, 'Yeah, I'd like some sex!' is spontaneous desire and works for 75 percent of men," says sex educator Dr Emily Nagoski, author of *Come As You Are*. But only 15 percent of women operate this way. We have responsive desire, which is more of a "let us watch two episodes and then see" approach.

"Responsive desire is when the motivation to have sex begins after any sexual behaviour has started. You're doing something else when your partner randomly comes over, starts kissing, and you go, 'Oh yeah, that's a good idea'," she adds. "It's not low desire. Your body needs a more compelling reason than, 'Yep, that's an attractive person' to want to have sex."

The hooks that trigger our sexual interest are simpler than what keeps you glued on-screen: swap dragontaming for zero-expectation foreplay (cuddling, touching, kisses). "If you have more physical affection and less performance pressure, you'll have more of a spontaneous desire." Or, as we call it, the Charlie Hunnam effect.

#### Box Set Trick #2

#### COMMUNICATION

Once upon a time, if your guy dared to interrupt your fave show with a comment about the main dude's big nostrils, you'd consider ending the relationship right there and then.

Today, you laugh, then live tweet. Yep, 15 percent of us enjoy TV more when we talk about it online, while tweets from a cast member can boost a show's followers by 228 percent. Talking about TV gets both sides going.

Yet, we're reluctant to get vocal about sex, even within our couple-sphere. When 1,500 people were asked for their most loathed conversation topic with a partner, sex beat money and death to the very top of the list. "We're desperate to avoid

feeling uncomfortable, and talking about sex screams awkward," says sexologist Dr Nikki Goldstein.

But Nikki believes we've got our approach all wrong. If you only talk about something when it's not working, the conversation isn't pleasurable. But talk about that amazing thing that happened last night — as you would *Mad Men* — and it's both hot *and* practise for when you need to call the sexual IT department. "It's when you've never spoken about sex that delving into intimate issues can be awkward."

#### Box Set Trick #3

#### THE PREVIEW

The preview is where TV shows turn evil. Because that small, 20-second taster of what's to come leaves you craving the next episode so badly that you'd name your first born Aaron Paul to get it. Now imagine harnessing that sense of longing towards sex. How? Rethink foreplay not as the thing you do 10 minutes before the deed, but all 24 hours outside the bedroom.

"Use technology as your preview," says Nikki. "Text, 'Just so you know,

tonight I'm really in the mood for XYZ' or 'I'm getting turned on thinking about you.' If they go with it, get more daring." But don't go too crazy-graphic to start off with. Nikki suggests treating texts like you're dangling a \$100 note in front of them to keep them coming back for more. "You don't want it to all be over straight-away; you want to play with it during the day. That can be the downside of sending naked photos to someone; it's kind of like an orgasm – yep, game over."

#### Box Set Trick #4

#### **SERIOUS SUSPENSE**

Television shows are giant teases; masters in the art of not letting us know what's coming next. Sex can be, too – though often from an angle of drought, as in, "I don't know when it will happen again." And it's to be



mages Corbis/Click Photos Text Gemma Askham Additional Reporting Kit Chua

expected: we're all busy, we have lives, we can't just get naked when there are, like, five social media feeds to monitor. If you live by a schedule, diarising a set time for sexy time can work. Although, suspense-wise, it's like working out in Episode One that the lead guy's brother is his son.

Better to set aside a window, within which really anything could happen. "It's different to scheduling sex – which means, 'We're doing it right now' – this is saying, 'two times a week, you and I are going to lock off this amount of time to be together totally uninterrupted'," suggests Nikki. "Then you can be spontaneous within that window. You might really feel like having sex one night or you might just snuggle – it's about making the effort to have that one-on-one time, and seeing what happens." We're pretty much sold.

#### Box Set Trick #5

#### **BADASSERY**

Your fave box sets have these things in common: gutsy plots, ballsy characters and confidence. Our brains lap it up, just as they light up to sex. But they just as easily shut down — as you do to Netflix when you realise it's 1am on a weeknight.

Sexual stop-buttons could be a flashback to that rotten thing your boss said or a flash-forward to getting pregnant if the condom breaks. But the one thing that erodes sexual badassery like no other is a lack of body confidence. "A 2012 review of 57 studies found links between body image and just about every domain of sexual behaviour: arousal, orgasm, the frequency of sex and sexual self-assertiveness," confirms Emily.

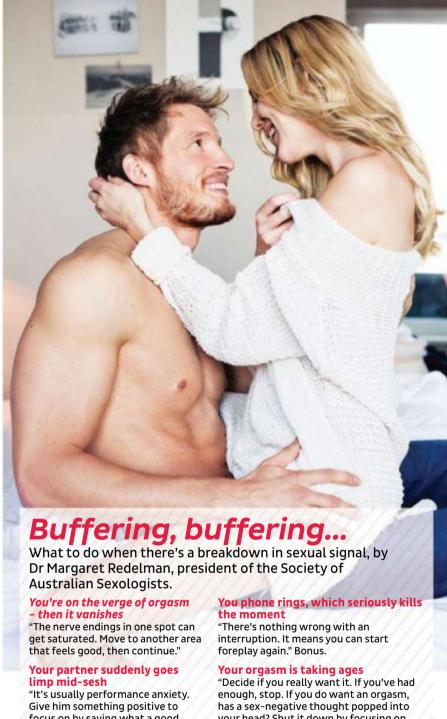
Why? Because if you believe there's something wrong with you, your body reacts as if you're under attack. Your levels of stress hormones increase and your interest in sex vanishes.

Emily blames cultural stigmas.

"No girl is born hating her body or feeling ashamed of her sexuality.

You had to learn that. No girl is born worried that she'll be judged if someone finds out what kind of sex she enjoys.

You had to learn that, too," she remarks.



"It's usually performance anxiety. Give him something positive to focus on by saying what a good lover he is and asking him to touch you. Make lots of positive sounds. This will hopefully distract him and his erection will likely

And she's right. But if it's learned, it can be unlearned. Your first lesson is never think anything about yourself that you wouldn't want to say to your best friend . Then think back to all of the brilliant ways that TV shows are

come back."

"Decide if you really want it. If you've had enough, stop. If you do want an orgasm, has a sex-negative thought popped into your head? Shut it down by focusing on sex-positives (physical turn-ons, what you're doing). If you're with a partner, try stimulating yourself. If alone, use battery power and replay a favourite fantasy in your head to get back in the zone."

so unique. "Let go of the ideas about how sex is 'supposed' to work," adds Emily. "Create space in your life for how sex actually works." That sounds like something we should all press play on. Over and over again.



From sprucing up your social media accounts to decluttering your desktop, cleaning up all your digital debris could be the key to a clearer mind – no feather duster required.

eing nose deep in a toilet bowl on a Saturday morning is the worst, especially when there's no 2am-karaokeselfie to show for it. Cleaning sucks, but what doesn't is how you feel after you've finished. Professional organiser Karen Perkins says cleaning has positive effects on your well-being. "By getting organised, your stress levels will go down and life will seem a lot less overwhelming," she says. If the cleaning is less dusting and mopping, more dragging and dropping, the same benefits apply, right? It's time to clear out your technology!

#### **YOUR INBOX**

Ah, the old 126-unread e-mails situation. It's mostly junk or notifications about online sales too dangerous to read, but they're still taking up space. "When a project seems too big, putting it down to smaller, more manageable steps will help it seem less daunting," explains Karen.

#### **UNSUBSCRIBE:**

Getting removed from the databases of newsletters you never open will help your inbox health. "Time and effort now will save you in the future," says Karen. Most junk e-mails have an unsubscribe option. Be ruthless.

#### DELETE:

Sort your inbox by sender, so you can highlight and remove in one go. By sorting them like this, you're less likely to miss important e-mails and you can see where the bulk of your e-mails are from.

#### MAKE FRIENDS WITH FOLDERS:

After your epic cull, organise the remaining e-mails into relevant folders. Work e-mails are pretty self-explanatory – sort by month or subject. It's the "Hey Girl" memes and pug pics that can be hard to find a home for. Create folders like "Shopping" and "LOL".

#### **◆ STREAMLINE INCOMING**MAIL:

In Outlook, you can set up your inbox so e-mails from certain people go straight to designated folders. Your mum: "Family". Your ex: "Trash". You can do the same thing on Gmail too, by filtering your e-mails according to sender, and enabling your settings to archive those e-mails directly into folders.

#### **YOUR PHONE**

If you're working, busy and/or have a social life (\*cough\* Facebook stalking), a functioning smartphone is like air and H20 – it's essential to life. Just as

there's not enough room in your closet for another dress, when your phone is giving you the old "not enough storage space to take another picture" memo, it's time to sort your stuff. "An uncluttered space eliminates distractions and helps keep your mind focused," Karen explains. Her advice? "Keep similar things together. It'll make everything seem more efficient."

#### SIMPLIFY THE LAYOUT:

To keep your phone clean and accessible, limit it to three home screens. Pop your "most used" apps on the first page, along with apps you need to open quickly (like your camera, Snapchat and Instagram). The next page should include lesserused icons organised into useful groups, like "Listen" (for music apps like Spotify and Apple Music) and "Read" (for reading apps like Bookmate and Magzter). Pop distractions like Candy Crush (and Facebook, if you dare) on the last page, so they're less likely to tempt you every time you go to do something work-related.

#### ◆ FREE YOUR PHONE OF MUSIC:

With the huge number of streaming music services like Spotify, Guvera, Apple Music and Rdio available, you no longer have to clog up your phone with music files. That means more space on



your phone for selfies and photos of your cat.

#### CLEAN YOUR SCREEN:

Your phone can get a little feral with fingerprints, but like cleaning a computer, paper towels are out! Screen wipes are great, but so is making your own mixture of 60 percent water and 40 percent isopropyl alcohol (available at the pharmacy and major IT stores like Challenger). For a hardcore clean-out, get right in there with a cotton bud. The grime will amaze — and disgust — you. You've been warned.

#### **◆ SAY YES TO SYSTEM**UPDATES:

We know, they're a mega pain at times, but putting them off can mean not being able to get new features (like filters) on your fave apps, such as Snapchat and VSCO Cam. You should also keep your apps updated to get the most out of them. Lazy? Enable automatic app updates via your smartphone's settings.

### YOUR SOCIAL MEDIA ACCOUNTS

"If you want to feel productive, make the most of idle time," says Karen. "Doing small, five-minute organisational tasks in your down time will make tidying seem less daunting." Translation: the lazy girl's way to freshen up your social media accounts is to do it on the bus on the way to work. Don't worry, LINE: Disney Tsum Tsum can wait a couple of hours more.

#### DO A FRIEND CULL:

Take a vacuum to your contacts list. It's a great way to politely remove people from your life that you no longer associate with (that one friend of a friend you met in 2009) or who fill up your feed with passive-aggressive rants or frequent full-on PDA (gross, and goodbye).

#### • UPDATE YOUR PRIVACY SETTINGS:

Decide how much you want people to see and adjust accordingly. The timeline review is a Facebook lifesaver, allowing you to check out comments and pictures before they go public. Don't want to be added by randoms? Block them from searching your name at all (top right hand corner, under Settings).

#### **BACK IT UP:**

Yep, backing up your Facebook account can be done. Go to Account > Account Settings > Download a Copy of Your Facebook Data. All your photos, videos and Wall posts will be saved (scary, but true). It's kinda like Timehop multiplied by a thousand. Keep it as a password-protected file on an external hard drive.

#### **▶ EDIT ADS:**

Sometimes, sidebar ads for engagement rings on your Facebook page are just too much, especially when you've just been through a break-up. If a particular ad is bugging you, you can block it. Hover your mouse over the right-hand corner and click "I don't want to see this". Warning: we can't guarantee a less annoying ad will take its place.

#### SYNC IT WITH YOUR FITBIT:

If you use a wearable like Fitbit, just sync it with your Facebook profile to compete with mates and triple your motivation. Log in to the Fitbit dashboard, then click on the Friends tile and select "Find my Facebook Friends". They'll then receive an invitation to become fitness-goal mates.

#### ONLY HAVE TIME FOR A QUICK CLEAN? WATCH TV WHILE YOU...

- Empty the Trash on your computer.
- Optimise your laptop's battery by charging it to 80 percent (not 100) and then draining it to 40 percent.
- Set up an automatic back-up from your computer/phone to the iCloud.
- Sign up to Spotify/Apple Music/ the future.
- Subscribe to a podcast. Oh and FYI, *Criminal* is the new *Serial*.
- Clean inside your keyboard with a toothbrush to get into the cracks.
  - Make sure all of your social media sites are connected to your one current e-mail address.
  - Create music playlists for when you're chilling out, working out, or partying at home.



# Green Goddess

## Restart your beauty routine with the organic goodness of Natural Chapter.



Sometimes, it seems impossible to rewrite your beauty destiny. When faced with problems like frizzy hair, an oily scalp or inflamed skin, it can feel like the only choice left is to simply shrug them off and accept them as our fate. But don't lose hope, because when it comes to taking care of your health and beauty, it's always possible to start a new chapter, and never too late to change the outcome.

One way to kick-start a better beauty future is by embracing all-natural products that stay away from harsh ingredients. nat.chapt (short for Natural Chapter) consists of a range of hair and body products that are free of parabens, mineral oils and benezophenone. Instead, the products rely on key natural ingredients to provide soothing top-to-toe care.

#### OLIVE YOUR DREAMS

eppermint Cool

Instead of letting dry hair get you down, revel in the fact that this is one beauty issue that can be easily fixed. Designed to repair and deeply moisturise your hair, this hair pack is formulated with natural organic extracts certified by Ecocert, an organic certification organisation based in Europe.

Pumpkin, carrot and aloe extract protect hair from dryness, nourishing hair cuticles and resulting in a smooth, silky and tamed mane.

#### MINT FOR GREATNESS

Mine the benefits of mint and make oily scalps a thing of the past with this gentle yet invigorating shampoo. Revered for centuries for its therapeutic properties, peppermint is used here to help relax and stabilise the scalp. In addition, aloe vera and olive water ensure the scalp is moisturised and nourished. Bursting with vitamins and nutrients, aloe vera is said to boast many benefits for the hair, including promoting hair growth and strengthening your locks.

nat.chapt. Organic Peppermint Cool Hair Shampoo (1,000g), \$19.90

If you were resigned to wearing long-sleeved tops to hide your body, back or chest acne for the rest of your life, look no further than this anti-bacterial shower gel. Wintergreen leaves have long been used for their medicinal properties; this gel contains salicylic acid extracted from it, which has been proven to treat and prevent breakouts without over-drying and irritating the skin. Carrot and pumpkin extracts have been added for good measure, so you can finally have the clean, clear and moisturised skin of your dreams.

nat. chapt is available at Venus Beauty, located at #B1-16 One KM, #01-2507 Blk 702 Ang Mo Kio Ave 8, #01-727 Blk 210

New Upper Changi Road, #01-11 Blk 301 Boon Lay Way, #02-47 Junction 8, #01-32/33 Blk 10 Choa Chu Kang Ave 4, #01225 Blk 449 Clementi Ave 3, #01-99 Blk 442 Clementi Avenue 3, #B1-10 Causeway Point, #02-33 Compasspoint, #03-28

Century Square, #01-08 Eastlink Mall, #01-268 Blk 183 Toa Payoh Central, #B1-16/17 White Sands Shopping Centre and #02-20B Jurong Point.

ea Tree

nat.chapt.

Organic Relaxing Olive

Hair Pack

(1,000g), \$19.90

Organic Tea Tree

Shower Gel for

nat chant

Acne Skin (1,000g), \$19.90



# WHY YOUR 20s IS

The struggle is real as a 20-something. Every day, we're faced with choices that seem like they'd set the course for the rest of our lives. Daunting? You bet. But this decade isn't as scary as it sounds. Hear it from three young women who've made a big commitment and lived to tell the tale.



Millennials have been accused of many things, including being the most self-centered generation ever. Cindy Poh, 24, shares why there is no better time than now to start getting involved.

"I'm a kennel volunteer with Save Our Street Dogs (SOSD), an animal welfare group that rescues and rehomes stray dogs in Singapore. Every Saturday, I help out at their shelter in Pasir Ris. My duties include taking the dogs out for walks, cleaning up the kennels, getting rid of ticks and worms, and teaching the canines some basic commands.

I'm glad I volunteered in my 20s, because I still have the time and energy to spare at this point. Sometimes, we can be so caught up in our own lives that we forget about the less fortunate among us. Doing something like this is a good way to contribute to society, and it helps us to take a step back and be truly appreciative of what we have in life. I would encourage everyone to get involved in one way or another – besides animal shelters, there are plenty of other places where a little help is always appreciated.

It's been a year since I first signed up, and it has been an eye-opening experience. Volunteering is a good way to meet new people who share the same interests. Through this experience, you'll also see some personal development that will carry over to other aspects of your life. For me, I find that I've gained more confidence and patience, and I'm more assertive compared to how I was in the past.





To be completely honest, volunteering work can be exhausting at times, especially when you're doing labour-intensive tasks. I'm always drained after walking the dogs, especially if it's a sunny day, and occasionally, we have to scrub out the entire unit because of a tick infestation. It's tiring but well worth it knowing that the dogs are being well taken care of. It's an extremely rewarding feeling!

I love dogs and I've always wanted one of my own. It's just too bad that my family doesn't feel the same way! While attending the National Geographic Channel Free Pet Shop last year, I realised that I could contribute in a different way by helping out at a dog shelter. Through that adoption drive, I learnt about the plight of stray or abandoned dogs, and I was determined to help SOSD's cause."



Yourself Before Committing to a Cause

Let's get real: volunteering is easier said than done. Cindy tells us the three things to take into consideration before signing up.

#### Is there a specific cause you feel strongly for?

"You'll only be committed to things that you like. You have to make sure that what you're doing is enjoyable for you, so that you'll be motivated to give it your all."

#### How much time can you set aside for this?

"We all have different jobs and different schedules. It's completely fine if you don't have time to spare – volunteer work comes in many forms. For example, if you can't spend four hours at the shelter you can still work with SOSD as a transport or fundraising volunteer, where the timing is more flexible."

#### How much responsibility are you ready to take on?

"It's important to do thorough research to know what you're getting yourself into. If possible, talk to someone who's already helping out at the organisation. Sometimes, people say yes very enthusiastically without giving it much thought, only to find out later that the work isn't suitable for them."

# THE BEST TIME TO ...









While her peers are having nights out. Tan Yien. 26. is busy cleaning up after a toddler and a baby - and she wouldn't have it any other way.

"My husband and I decided to get married at 22 as we had known each other for a long time. We dated for five and a half years before that and first got to know each other some 13 years back, when we were still in secondary school. It was just natural for us to tie the knot since we were committed to each other. It might seem like a big commitment to make at that age, but honestly, I had never thought of it that way. We believe that love is a choice, not a feeling. What this means is that of course there will be times when you feel like throwing in the towel because you don't agree on certain things; but it helps to remember that you made the choice to be with this person through good times and bad. When you think of it that way, you'll learn to love and forgive.

We decided to have kids early in our marriage because we felt that there was no reason to postpone it. Some people may value wealth or career progression and delay having children, but I value family and relationships above that. It really depends on what your priorities are. For us, we felt that we could always sort out our career and other things later. After all, having kids is part

and parcel of marriage. I've definitely matured as a person after having kids, and they've helped me learn more about what love is.

I guess being a young mum has its advantages. Already I feel very tired, so I can't imagine what it would be like if I became a mum later in life! I feel that your 20s is a very good time to start a family because you'd still have the energy to keep up with the physical demands of looking after a child. Plus, it's such an enriching experience - I would encourage young couples who are considering having kids to go for it.

I had never felt like I was missing out on my 20s. My husband and I travel a lot together even after getting married, and we have a close group of friends. I guess the crazy thing we did was to get married and have kids at such a young age.

That said, motherhood isn't easy! I had to make a few lifestyle adjustments after my kids. For starters, I had to get used to living very sacrificially, forgoing sleep when I'm already very sleep-deprived and cleaning up stinky vomit at unearthly hours. I now go for fewer movies, have fewer late nights, and don't travel and shop as much. To a certain extent, I can't live the life that my peers have. Yes, my husband and I sometimes do think about the kind of life we could have had if we didn't have kids. But we've made the decision, and we're enjoying a very different kind of life. My babies bring me so much joy - I wouldn't want it any other way."



**Three Things No** One Told You About Motherhood

Sure babies are cute, but they're backbreaking work, too. Yien gives us the low-down.

#### It'll be the most difficult thing you've ever done

"Taking care of a kid is both physically and emotionally tiring. You'll be very attached to your baby, and when he or she starts crying and screaming for no apparent reason, you'll feel utterly helpless. But you know what? It's all worth it when you feel extremely loved by your children."

#### Something's got to give

"While my friends are out having fun, I have to stay home for my kids. Ever since we became parents, cafe-hopping and trips to the mall have turned into a oncein-a-blue-moon thing."

#### Parenting is a 24/7 gig

"To be honest, I wasn't prepared for a lot of things: breastfeeding, putting on weight, and having to multitask so much. The biggest shocker to me was having to be up all the time. It feels like I'm awake all day and night. Being a mum is not just a full-time job, it's a whole different life altogether."



#### Eat Better

Making sure that you're getting all your vitamins may be the

least of your worries now, but Ruiyi, 24, tells us why it pays to start adopting healthy eating habits early.

"I started becoming more conscious about my food choices back in 2012. when I was 21 and still in university. Growing up, I developed an extremely strained relationship with food, one that was primarily caused by my poor body image (damn you, TAF club!). Before this, I had spent years ricocheting between extremes, and I found myself caught in a relentless binge-purge cycle. The notion of perceiving food as nourishment rather than a source of calories was foreign to me, and it was one that I tried very hard to grasp. Ultimately, I think I behaved out of desperation at the time, but it was hard to argue that positive change was necessary.

Being able to take charge of your health feels empowering. Eating well does not necessarily mean going on a diet; it simply means you're making sure you get enough nourishment from the food you consume. Looking at it this way made me less concerned with the numbers on the scale. Instead, I began to be more appreciative of my body and what it's capable of. The most significant changes I've observed is that I've become a more positive person: I appreciate myself a lot more and I no longer think about engaging in unhealthy tendencies to change the way I look. I found myself feeling progressively happier and way more energetic than before.

Eating well at this age is also a powerful way to positively influence those around you. A lot of my friends have yet to start thinking about their health – I guess it's not the sort of thing you'd normally think about till later, when problems start surfacing. When I started to share my clean eating journey on Instagram (@bunnysquats), it made them think about why I was doing it. That, in turn, got them to be more discerning about what they're









eating. Even my mum has started adopting healthier eating habits, such as substituting white rice for brown rice. It's reassuring to know your loved ones are taking better care of themselves.

I most definitely struggled at first. Taking the nasty stuff out of the equation was initially a feat. I'd also spend hours in supermarkets, reading ingredient lists in order to become more discerning. Among the challenges I faced, one of the toughest was having the people around me assimilate to the change. My pals were extremely understanding about it, even though meeting up meant frequenting the same places, time and time again (thanks, guys!).

The journey hasn't always been easy, and what kept me going is the notion that if you take care of your body, your body will take care of everything else. For instance, I'm a lot less sickly now compared to before. Considering that I first embarked on this journey to rid

How do you start eating clean? Ruiyi shares some beginner tips.

#### Cut down on the white stuff

"A good starting point would be to avoid white bread, flours, sugars, rice and opt for unrefined or whole-grain alternatives. They're better for you and keep you sated for longer!"

#### Try out interesting recipes

"Keep yourself excited. You'll be surprised to find that there are tons of websites and cookbooks with healthy recipes. There's some pretty amazing stuff out there. I, for one, have pledged allegiance to TheLuckyPenny's cauliflower pizza crust.

#### Plan ahead

"Everything becomes easier when you plan ahead. Deciding the sort of lunch you'll pack to work the following day, or what you'll have for breakfast the next morning increases the likelihood of better eating choices."

my fear of food and improve my self-esteem, I would say that I've come a long way. I started to think less about how food would make me look and discovered a greater sense of self-confidence. Personally, that feels like freedom."

Clinique is not about looking back or having regrets, but about moving forward and making a pledge to a brighter future as these women have. The recent CLEO Career Academy X Clinique event at Sephora ION allowed women to put their best #FaceForward.

"I promise my future self to live, laugh and love hard. That I would always treasure time as the most precious gift. Tough times don't last, tough people do."







Christy Ho, Communications Executive and Photography

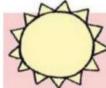
"No mountain is too high, no river is too wide. Life will always test you with hurdles but you'll overcome them all!"



days will be magnificent."

Georgina Tan, Criminology Major and Rock Climber

You create your future every day. Why not create great skin, too?



Want great skin? It's as easy as 1-2-3... When a Vogue Beauty Editor

asked celebrated dermatologist Dr Norman Orentreich if you

could change the skin you were born with, he said "yes" and pointed to three formulas that will leave skin clear and glowing. These products became the Clinique 3-Step.

"Beauty is less and less about how a woman's face looks, and more about the confidence she exudes."

Margaret Zhang, Creative Director, Fashion Blogger and Law Student

#### 10 days to great skin...

Cleanse, exfoliate, and moisturise with these dermatologist-developed formulas for just 10 days and you'll get soft, supple and youthful-looking skin that glows. Make a promise to the future. Your skin will thank you for it.

"Sometimes, it's nice to just wear the stuff that makes you feel good, so then you can go about your day and put your energy into making other cool stuff.'

Tavi Gevinson, American Writer, Magazine Editor, Actress and Singer



# WILL BE THE FIRST CLEOIt Girl?

It was a tough decision to make, but we've gone through all the applications and here are our top three choices. These girls embody our motto of "Your Life, Your Rules" and we're completely in love with their zest for life. Now it's your turn to meet them and tell us your favourite.

**Photographer:** Joel Lim **Fashion Direction:** Janice Pidduck

Psst, the finalists will be writing for us, too!

Log on to WWW.CLEO.COM.SG to support your fave.

Presente

4

Official Venue

Bugis Junction



#### Melissa Jane Ho

Blogger, 28

It's hard to miss Melissa if you walk past her on the street. The bubbly girl always dresses with aplomb, sometimes even mixing prints or going for bold splashes of colour. This proved to be a headache for her mother, who'd nag at her for not being a more conservative dresser. "She'd tell me that my clothes were too loud and that people would stare at me when I'm on the bus!" says Melissa with a laugh.

Unsurprisingly, her gutsy sartorial attitude carries over to her personal life. A former entrepreneur, Melissa spoke candidly of her failed online clothing store that she set up after graduating from university. Even though she suffered monetary losses, she saw the experience as a learning opportunity for her next venture. "I don't regret that choice. At least now I know what it's like to own a business and how important it is to sort out a good marketing strategy first."

A self-confessed extrovert, Melissa started her blog five years ago because she wanted a platform to share her thoughts. especially on fashion and beauty. She also hopes to be an inspiration to other girls through her daring outfit choices. "When my followers look at my posts, I want them to see a girl who's confident, lively, and not afraid to be colourful. I hope they'll see someone who's comfortable with marching to the beat of her own drum and be inspired to do the same."

#### Melissa is using Za's Killer Volume Curl Mascara, \$18.50

Ever longed for lashes that stay sky-high all day? You can now fulfill your wish with Za's Killer Volume Curl Mascara. Its Ultra Curve Brush is designed to catch all your lashes and create fuller, longer lashes instantly. With a special Curl Lock formula, the mascara also helps your lashes maintain its curl for up to eight hours, so you won't have to worry about touching up during the day!

Cotton sleeveless blazer, \$96.90, Topshop. Cotton/wool crop top, \$360, Calla at Occasional Glimpses Of Beauty. Cotton linen tweed culottes, \$359, Iris & Ink at Theoutnet.com. Suede heels, \$339.

#### Arina Rafiyah

Student, 21

Her interest in beauty started in secondary school, when she decided to dabble with makeup after watching YouTube tutorials. Today, Arina maintains an active blog where she reviews the latest beauty products and experiments with different looks. She may seem like a girly girl, but what many don't know about Arina is that there's a geeky side of her who loves all things tech. "It's annoying how some people still think that you can't do IT stuff just because you're a girl," says the computing and information systems student, who hopes to smash that stereotype. In her free time, Arina tends to her other hobby - cosplaying. She got into it three years ago, after discovering that she enjoys embodying the different characters in her favourite animes and mangas.

The makeup maven may have hordes of products on her shelf, but to her, the best beauty tool doesn't come with a price tag. "I believe that confidence is the most beautiful thing a girl can own. It's not about what you're wearing or what products you have on your face. It's how you feel about yourself that makes you look great."

#### Arina is using Za's Vibrant Moist Lipstick, \$18.50

Nothing freshens up your look like a good lippie can. Specially formulated for Asian women, the Vibrant Moist Lipstick keeps your pretty pout bright and hydrated for up to 12 hours. With more than a dozen colours to choose from, you can be sure to match your mood to the perfect hue, too. So go ahead and take your pick, but trust us when we say it won't be easy to stick to one!



#### Shona Woo

Marketing and Communications Executive, 25

Despite being down for a photoshoot at nine in the morning. Shona was all smiles when she arrived (earlier than expected, if we may add). She tells us she enjoys spreading happiness to others, but her positive attitude didn't come easy. Like many of us. Shona went through a tough period of struggles as a teenager but has since learned to accept her flaws and embrace her strengths. "I'm not a typical demure or ladylike girl as some of my pictures portray me to be. Sometimes, when I go out and meet people, they tell me to be more ladylike or else I'll be left on the shelf. But now I've come to realise that it's important to figure out what makes me feel the most comfortable and accept myself for who I am."

When she's not working, Shona enjoys chilling at home with a good book. "Alone time is really important to me. We spend so much time on social media that we sometimes forget about spending time with ourselves." Asked why she should be crowned the first ever CLEO It Girl, her answer surprised us all. "What makes me the perfect CLEO It Girl is that I'm imperfect but I still feel perfect inside. I think if we can all accept the fact that we are imperfect and make the best out of what we have, we can definitely be happier with our lives."

#### Shona is using Za's Gel Eyeliner BK999, \$13.50

Creating the perfect winged eyeliner is much easier said than done, but unless you're armed with a Za gel eyeliner! Designed with a smoothing gel formula, the Gel Eyeliner BK999 lets you draw bold and defined lines in just a single application. Besides adhering perfectly to your eyelids, its smudgeproof and waterproof properties ensure you'll never have to worry about panda eyes again.



# CLEOIt Oil A throwback to our search for the very first CLEO It Girl!

#### Looking good, girls!

Everyone got dolled up with a free makeover by EK Makeup Studio's makeup artists using Za products.









# The Airy Flawless Powder Foundation is light on your face and helps create an impeccable base!

#### **Freebies Galore!**

The participants got a free Za Eye & Lip Makeup Remover by completing a crossword puzzle. The answers could be found at the Za booth!











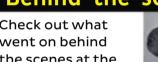


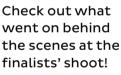




### **Hi from LINE** Cony and Brown from LINE popped by on Sunday afternoon to meet everyone! Brown approves of the It Girl participants! Add us on LINE at @CLEOsg! The lovely couple is featured on the cover of our October issue.

Everybody wants a photo with Cony and Brown!













# Who Will Be the CLEOIt Girl?

Think your favourite has got what it takes to win? Here's your chance to support her. All you need to do is vote for her online and stand to win a Za hamper worth more than \$100!



Find out more about them on CLEO.com.sg!

#### If the Girl You Voted for Wins, You Could Walk Away With a Za Hamper Worth More Than \$100!

Is stress and fatigue affecting your skin?
Fret not – let Za's Total Hydration range take your skincare
worries away by strengthening your skin's barrier function so it
can regain its healthy glow. Featuring Amino Mineral Complex
that'll restore your skin's protective layer, you'll sure find
yourself with less troubled skin in no time. The range also
contains Prism Enhancer that brightens and hydrates your skin
from within. So we say it's time to take that frown away from
your face and start putting back that glow on your skin!



The Za hamper contains a Fresh Foamy Cleanser, \$7.90, Fresh Lucent Toner, \$11.90, Day Cream White, \$14.90, Night Cream White, \$14.90, Lip Essence, \$7.90, Blemish Care Essence, \$9.90, Pore Care Essence, \$9.90, an Energy Mist, \$14.90, and Amino Refreshing Gel, \$10.90.

Presenter

Za

Official Venue

Bugis Junction

#### **HOW TO WIN!**

- 1. Visit www.CLEO.com.sg
- 2. Click on the "DEALS AND EVENTS" tab.
- Select "CLEO It Girl Voting", vote for your favourite girl and fill in the required fields.

Votes will be divided between the judges and our readers.

Terms and conditions: Voting ends November 10, 2015. Winner will be notified by the end of December, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and their families of SPHM Pte Ltd and its associated agencies.

TG#1115



# FEEDING THE BEAST

Our news feeds have never been more important. But in the age of social media, is it really true that we are what we eat? By Kit Chua he year is 2015, and we live in an age of almost unprecedented social transparency. We tweet, we 'gram, we snap, we Facebook from the toilets (admit it, you do)... and we do it all with gleeful readiness to share seemingly every part of our lives. From what we wore today, to what we ate, to our feelings about the latest MRT delay, no subject is off the table. Because that's what social media is – it's real life, constructed as entertainment.

And for the most part, that's great. Why? Because never has the average person had so much influence. In today's world, you, dear reader, could potentially wield as much influence, have as many followers, or nab as

many pageviews as, well, anyone else. (For more on how to cash in on your social media capital, read our story on p90.) Social media has also greatly

"I compare myself to the girls I follow on social media almost all the time."

Juliana

expanded our individual worldviews, giving us insights on what it's like to live in Mumbai, for instance, or a first-hand perspective on what it's like to scale Everest. Sharing, liking, retweeting – they're all great ways of discovering new things; new hangout spots, new brands, new people, new trends, even new friends.

But every up has its down, as they say. "I pick up outfit ideas from the style bloggers or Instagrammers I follow," says Juliana, 22, "Or I find new cafes or nice places to eat when I scroll through my feed." But inevitably, we absorb far more than just style cues and foodie tips from our feeds. "I compare myself to the girls I follow on social media almost all the time," Juliana adds. "I'd envy their face or body or the luxurious life they like to portray."

"When I was around 15," she continues, "I was very active on social media, and I was even a blogger. I'd get on Tumblr, and all the photos of the 'flawless' girls in my feed got to me. I wouldn't say I had an eating disorder

because I was never diagnosed, but I started developing a terrible eating habit where I would restrict what I ate so I could lose weight and look like the girls I see on the Internet."

#### COMPARE AND CONTRAST

Juliana is far from alone in this. How many of us have started following a blogger or an actress because of her funny captions and cool # OOTDs, and then months later found ourselves wondering – maybe it's not new clothes that will make me look that good, maybe I just need legs like hers, or maybe I need a flatter belly, or a sharper nose?

The truth is, comparing ourselves is more than just a habit, it's almost a natural instinct. In 1954, the social psychologist Leon Festinger proposed a theory of social comparison, which

argued that human beings are driven to self-evaluation, to measure our own opinions and abilities. Since we cannot do this without measuring ourselves against external benchmarks, wrote Leon, the only way for us to gain an accurate or stable perspective of ourselves is to compare ourselves, our opinions and our actions, with those of other people.

Social comparison existed long before Leon Festinger put it in a paper; it's precisely what our elders were trying to warn us against when they told us we shouldn't feel envy, jealousy and covetousness. But comparison can also be a key motivation for achievement. Consider, for instance, whether our SG50 celebrations would have been half as lavish if, as a newly independent republic, we weren't collectively engrossed with joining the ranks of the first-world nations around the world.

On an individual level, social comparison is a sword that cuts both ways. When we are better off than others (what is called a downward social comparison), we experience feelings of satisfaction and well-being. But on the flipside, when we compare ourselves with those who are better off than us (upward social comparison), then obviously, dissatisfaction results.

These different dynamics are exactly what makes social media addictive, on the one hand, and dangerous on the other, suggests Dr Tan Hwee Sim, a Specialist in Psychiatry and Consultant at Raffles Counselling Centre. "Activities on social media such as self-disclosure, the feeling of having an instant audience, and the feeling of having their social connectedness affirmed can be associated with sensations of pleasure," Dr Hwee Sim explains. "Much like how casinos are designed to keep the gamblers going back, people are driven to seek more and more of these pleasures from social media."

#### SOMEONE LIKE YOU

But at the same time, "Spending lots of time on social media can be dangerous," admits Sarah Ellen, a young Australian influencer who has over 2.5 million followers across her multiple social media channels. "What starts out as a fun, positive activity can quickly become quite depressing and negative," says the teen, who recently produced a short film about the dangers of social media titled *Room 317*. (To catch the video, head to cleo.com.sg.)

"It's really easy for people to start focusing too much on what other people are saying or supposedly doing and also to get caught up in promoting a lifestyle or persona that might not necessarily be the real story," continues Sarah Ellen. "Room 317 is a cautionary tale about keeping your social media habits in check. That's really what [the film] is about — making sure you are in control of social media, and not the other way around."

But perhaps that's easier said than done. Leon Festinger also had one other interesting hypothesis about social comparisons that could explain social media's irresistible appeal. According to him, comparisons have a stronger value



and higher attraction when we measure ourselves against people who are closer to us in terms of opinion or ability. Basically, the more similar we are to someone else, the more likely we are to compare.

For instance, we might be less likely to compare ourselves to Natalie Portman because, well, she's a famous actress. She has access to stylists, the best designers, make-up artists and trainers – people whose jobs are basically to make her look good. Instead, we're more likely to compare ourselves to a friend who posts a selfie on a good hair day, because she's just like us.

"In our world now, there seems to be a need to be validated on social media. And that can be quite stressful!" concurs Oon Shu An, the actor and media personality. "On top of that, when a seemingly 'everyday person' posts a photo, it's like: "This person – who is in every sense of the word a normal person – is getting so many likes on the photos of their food. Then how come when I post pictures of my food, no one's liking my photos? What's wrong with me?""

"But there's a lot of things that are happening to make people like photos of that person's food... and I think that's something a lot of people don't understand," she continues. "That's the thing that people need to start talking about. People need to understand what's happening. It's almost like we need a kind of class [to learn how to manage] social media. We need social media literacy."

#### CENSOR, EDIT, FILTER

And while it seems like social media invites the average person to share more and more of themselves – everything and anything, from the spectacular to the mundane – there does seem to be a conspicuous gap in our social media feeds. "There's a huge pressure to be perfect all the time – a huge pressure to be positive all the time," acknowledges Shu An. "I don't know if people are interested in the dirty little details."

"When you're so active on social media and you're big out there, I think there's an expectation to be positive," agrees Joanna, a recovered anorexic and bulimic who credits social media with helping her find a fitness community that ultimately helped her beat her eating disorder. But though social media gave her joy at the beginning of her fitness journey, she admits that it can also be a beast that needs to continually be fed, rather than a sustaining source of inspiration.

"There's a huge pressure to be perfect all the time – a huge pressure to be positive all the time. I don't know if people are interested in the dirty little details."

Oon Shu An

"It's a very blurred line," she continues. "Sometimes, you wonder if you're posting because you want to inspire people, or because you feel the pressure to show some progression. It's kind of like another persona you're putting up, because when social media is a big part of your life, sometimes even when you're just not 'feeling it' you still have to play the part."

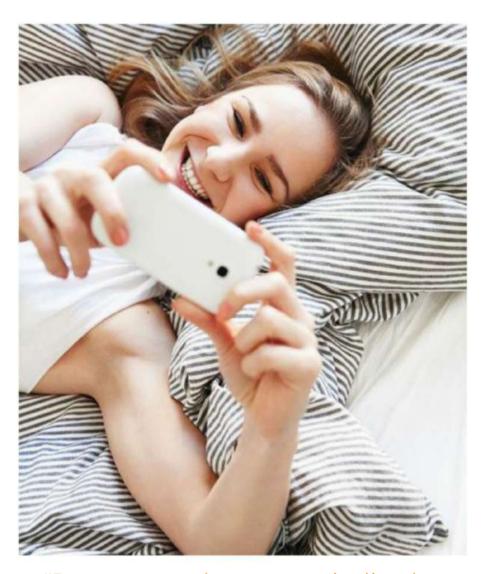
The unfortunate thing? This internal pressure to censor, edit and filter out all of our bad days, our imperfections and our crappy moods, while utterly normal, simply creates a vicious cycle of social comparison that only comes back to haunt us in the end. Because what we produce on our feeds ends up influencing our friends, who in turn feel pressured to share only the "Instagramworthy" moments, while hitting "X" on everything else.

The net result? What seems like an abundance of positivity and creative inspo on a good day can quickly spiral into an impossible social benchmark that just leaves you feeling empty and inadequate on a bad one. As Dr Hwee Sim notes, "Because people are more inclined to post positive aspects of their lives online, it may cause users who are viewing these positive posts to feel more negative about their own life and affect their self-esteem."

#### CONTROL + R

At the end of the day, controlling your social media isn't just a question of protecting your privacy or your content, it's also about making sure we know how to manage the little voices inside our heads. For Juliana, "I make it a point to always tell myself that not everything I see could be true... Makeup does wonders and so does Photoshop."

Sarah Ellen, on the other hand, says, "I try to spend as much time 'offline' as I do 'online'. When it comes to authenticity, my approach is simple: I make sure there's not much of a difference between 'offline' Sarah and 'online' Sarah." As for Joanna, "I think it's a process of learning how to let go," she says. "I used to follow a lot



"Because people are more inclined to post positive aspects of their life online, it may cause users viewing these positive posts to feel more negative about their own life and affect their self-esteem."

Dr Tan Hwee Sim

of #fitspo (fitness inspiration), but I stopped because I found myself looking at their images so frequently, and you just can't achieve that look."

If keeping up with the Joneses (or the Kardashians) on social media has got you feeling wrung out, try working on your awareness, says Dr Hwee Sim: "We're all prone to jealousy to some extent, so having some insight into this and accepting it is an important step toward knowing how to handle it and how to not let it

negatively affect our emotions and life."

And if that doesn't do the trick, there's always the tried-and-true method; "I read this post where it said that you shouldn't want to look like someone, you should be your own inspiration," says Joanna. "Social media helped me in the sense that I found community support, but #fitspo made me want to look like something, which ultimately made me unhappy. That's why I hit the unfollow button."



When in doubt, wink, peace sign, pout and get down to business with some serious face voguing. FYI, the Duck Face is so last year!

PHOTOGRAPHY Micky Wong FASHION DIRECTION Janice Pidduck

#### THE CAVITY FACE

A phenomenon running across Asia, this pose requires you to press your hand against your cheeks like you have a toothache. It's said to make your face appear cuter and smaller, if you're into that kind of thing!





Clothing: Faux fur coat, \$249, Balmain x H&M. Nylon mesh bodysuit, \$129, nylon mesh bra, \$79, both Yesah from Superspace. Fringe skirt, \$69.90, H&M. Accessories: Beaded cat ears, \$440, WXYZ, crystal ear cuff, \$280 per pair, Lisa C Bijoux, both from On Pedder. Acrylic earring, \$115, Bimba Y Lola. Mixed material necklace, Lasalle at Superspace. Leather harness, Zanabayne.com. On Right Hand: Crystal cocktail ring, \$550, Swarovski. On Left Hand: Thin gold ring, \$19.90 for a set of nine, Topshop. Gold ring, \$320, Swarovski.



Clothing: Silk dress, \$2,010, Moschino. Printed cotton shirt (worn inside), \$159, Lazy Oaf from Actually. Accessories: Crystal ear cuff, \$280 per pair, Lisa C Bijoux from On Pedder. Acrylic earring, Stylist's own. "Blooong" Mouth & Batgirl brooches; \$90 for three, Tsumori Chisato. Metal beetle collar pins, \$79 per pair, Depression from Sects Shop. On Right Hand: Leather and metal cuff, \$130, Bimba Y Lola. Gold midi rings with diamante, \$13.90 for a set of two, thin gold midi rings, \$19.90 for a set of nine, all from Topshop. On Left Hand: Crystal cocktail ring, \$550, Swarovski.

Crystal studded leather belt (worn as bracelet), \$235, Bimba Y Lola.



Clothing: Leather motorcycle jacket, \$2,660, Marc by Marc Jacobs. Embroidered cotton crop top, \$39, Morph8ne from Superspace. Comic-print cotton and nylon skirt, \$590, Tsumori Chisato. Accessories: Wool beanie with crystal encrusted veil, \$900, Jennifer Behr at On Pedder. Crystal earring, \$700, Swarovski. Acrylic collar necklace, \$265, Bimba Y Lola. Polyester fringe scarf, \$190, MSGM. On Right Hand: Metal fringe bracelet, \$300 Bimba Y Lola. Enamel bracelet, \$235, metal fringe ring, \$130, both Bimba Y Lola. Metal chain bracelet, \$98, Nat from Superspace.



### THE CHINESE EMPRESS FINGERS

Think of My Fair
Princess, but at a
beauty editorial. This
pose requires you to
gently caress your face
while keeping your
fingers soft. The key
is to look as graceful
and demure as possible,
like a Manchurian
Chinese maiden.

Clothing: Denim jacket, \$69.90, Pull & Bear. Lurex polo shirt, \$485, suede bralet, \$575, both Au Jour Le Jour from Lula Rock. Printed cotton skirt, \$95, Joyrich from Actually. Accessories: Earring, Stylist's own. On Right Hand: Brass nail tip ring, \$60, typography brass ring, \$90, both Chocomoo from Superspace. Nylon friendship band bracelet, \$75, rose gold bangle, \$115, both Sport b. Acrylic heart bracelet, Bimba Y Lola. On Left Hand: Typography brass cuff, \$330, Chocomoo, metal and leather chain bracelet, \$58, Nat, both from Superspace. Nylon friendship band bracelet, \$85, Sport b.



Clothing: Tinsel fringe knit top, \$490, MSGM. Mesh top with sequins (worn underneath), \$49.90, H&M. Skinny denim jeans with patches, \$99.90, Bershka. Cotton parka with faux fur trim, \$1,500, Kenzo. Accessories: Gold earring, \$14.90, H&M. Gold choker, \$159, Balmain x H&M. On Right Hand: Gold V ring with crystals, \$255 for a set of three, gold V midi ring with crystals, \$255 for a set of three, both Swarovski. Marble cocktail ring, H&M. Metallic holographic watch, \$510, Kenzo. Nylon friendship bracelet, \$75, rose gold bangle, \$115, both Sport b. Mesh rope bracelet with crystals, \$170, Swarovski. On Left Hand: Mesh rope bracelet with crystals studs, \$150, gold ring, \$320, all from Swarovski.



Clothing: Nylon bomber jacket, \$575, Cocurata at Lula Rock. Plastic mesh collar, \$45, nylon mesh shorts, \$120, both Depression from Sects Shop. Stripped cotton crop top, \$18, Pull & Bear. Printed denim jeans (worn underneath), \$530, Love Moschino. Accessories: Wool beanie, \$65, Bimba Y Lola. Crystal earring, \$24.90, H&M. On Right Hand: Metal chain bracelet, \$98, Nat from Superspace. On Left Hand: Crystal cuff, \$760, Swarovski. Leather cuff with metal beetle, \$159, Depression from Sects Shop.



Clothing: Wool studded coat, Coach. Cotton tiger-print embossed dress, \$998, Sretsis from Lula Rock. Lurex turtleneck (worn underneath), H&M.

Accessories: Gold stud with feathers, \$115, Bimba Y Lola. Leather studded necklace, \$109, Ivory Jar from Sects Shop. Acrylic earring (worn as brooch), acrylic cupid's bow collar pins.

On Right Hand: Gold spike bangle, \$16.90, Topshop. Metal bangles with charms, \$105 for a set of four, Bimba Y Lola. Gold midi ring with diamante, \$13.90 for a set of two, Topshop.

On Left Hand: Wooden ring, H&M. Rose gold bangle, \$115, silver bangle, \$115, both Sport b. On Left Hand: Crystal bracelet, Stylist's own. Crystal cocktail ring, \$550, gold ring, \$320, both Swarovski.

# Get #00TD Ready!

Where's the fun in social media if you can't show the world how gorgeous you look? Here are over \$8,000 worth of prizes to help you look fab in your daily #OOTD posts.



# Code 101 An ETUDE HOUSE Beauty Hamper worth \$102.70

What's the point of a perfect outfit if your makeup is not on fleek? Achieve the perfect K-Beauty look with the **ETUDE HOUSE Beauty Hamper that** consists of all you need to look amazing. Create a flawless and matte complexion with the Zero Sebum All Day Matte Gel and Magic Any Cushion. Then enhance your features with the Play 101 Pencil, Look at My Eves Eyeshadow and Color in Liquid Lips. Don't forget to add a summery scent to your outfit with the Loving Days Cool Sugar Mist before you venture out of your house in search of the perfect #OOTD location!

We have 19 ETUDE HOUSE Beauty Hampers to give away. Each hamper contains a Color in Liquid Lips, Play 101 Pencil, Look at My Eyes Eyeshadow, Magic Any Cushion in Lavender, Zero Sebum All Day Matte Gel and Loving Days Cool Sugar Mist (60ml).

#### **Code 102**

### A pair of Skullcandy Grind headphones worth \$109.90

A headband or scarf is too predictable for a hair accessory, which is why we're totes for making a statement and upping our hair swag with a pair of Skullcandy Grind headphones. These babies aren't just eye-candy, they pack power too, with Skullcandy's iconic Supreme Sound™ technology that promises high quality sound no matter what you're listening to. What's more, the convenient TapTech™ allows you to answer calls, change tracks or hit pause by just pressing a button on the left ear cup. With such convenience, functionality and an ultra chic design, there's no better way to complete your outfit!

We have 19 Skullcandy Grind headphones to give away.



# Code 103 The Closet Lover vouchers worth \$100

The most important part of your #OOTD is, needless to say, your outfit itself. With tops. bottoms and pretty dresses that are perfect for the holiday season, you're sure to be in good hands with The Closet Lover, Not feeling festive? No worries because their collections are packed with a wide variety of designs and styles that are sure to catch even the fussiest fashionista's eye!

> We've got 20 sets of The Closet Lover vouchers to give away.

> > (0) ; () =







#### A Benefit Makeup Hamper worth \$102

Priming is defo an essential step if you want to make sure your #MOTD stays flawless throughout the day. Go for Benefit's best-selling POREfessional Primer that keeps your face matte and minimises the appearance of any pores and fine lines that you may have. Your smokey eyes need some TLC too. Prime them with the Air Patrol BB Eyelid Primer that locks your eyeshadow in place while keeping the skin around your eyes hydrated. With SPF 20 PA+++ and Envirodefend Complex, your eyelids will be protected from harsh UV rays and guarded against environmental stresses too!

We've got 20 sets of Benefit Makeup Hamper to give away. Each hamper contains an Air Patrol BB Eyelid Primer (4ml) and a POREfessional Primer (22ml).



#### **HOW TO WIN!**

1. Visit <u>www.CLEO.com.sg</u>.

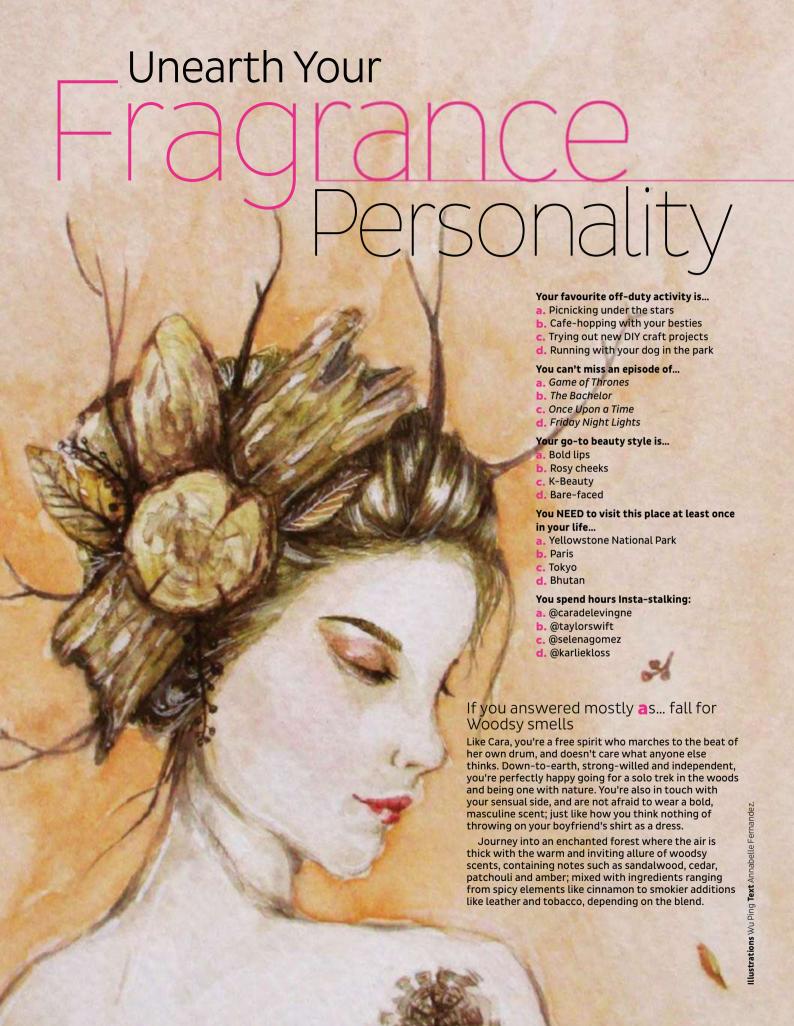
2. Click on the "DEALS AND EVENTS" tab.

3. Select the contest you wish to take part in and fill in the required fields.

and fill in the required fields.

Terms and conditions: Promotion is valid from October 16, 2015 to November 15, 2015! Winners will be notified by the end of December, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and their families of SPHM Pte Ltd and its associated agencies.

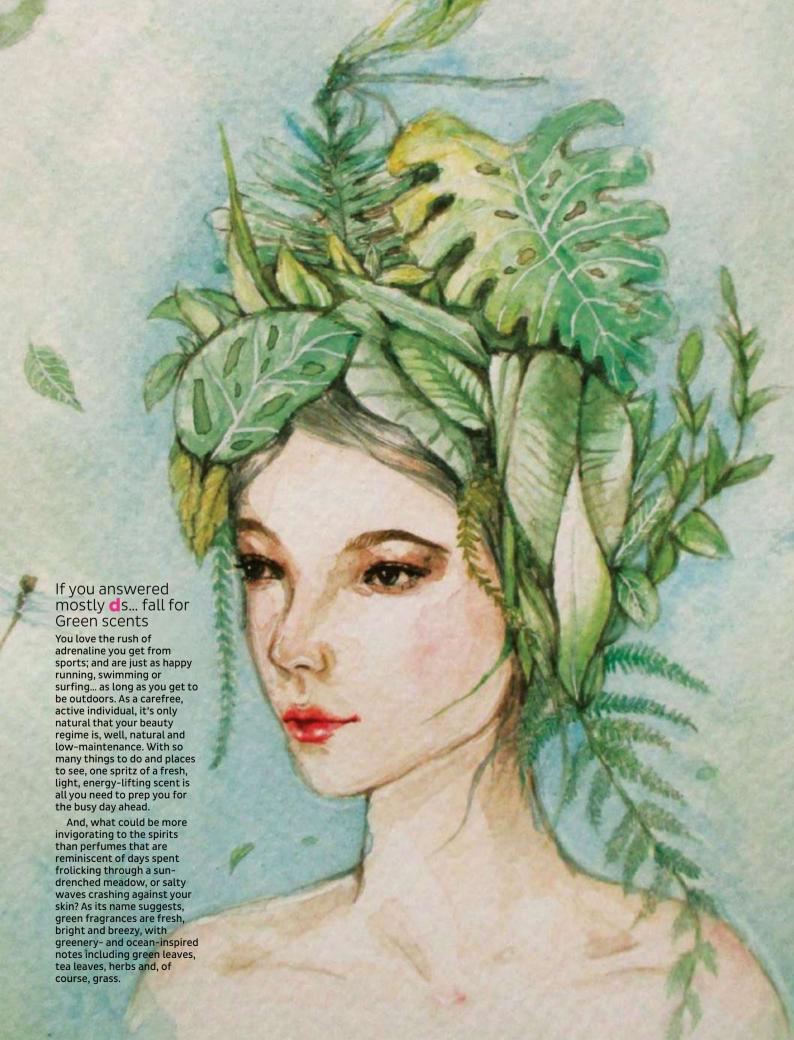
TD#1115



Escape to your happy place, whether it's lying in a field of flowers or deep in the woods, with perfumes that evoke the glorious, intoxicating feeling of being in the great outdoors... and speak wordlessly of your unique identity.







# Hragrance Field Notes

Continue your scent-sational trek with these perfumes.



















# Get the Tablet Edition More of Everything You Love!

Enjoy these goodies only in the digital edition of CLEO.



#### What's Online Remains Online

The CLEO team reveals the worst, most embarrassing and sneakiest thing they've done online. Shhh...



What would your fave fictional characters' social media accounts look like? We try to envision.



and all kinds of knotty permutations - we show you how to do them without tangling your hair.



#### LEO Paperdoll

Create your fave look and show your friends the end result by sharing it on social media!



Pixels don't just belong on the screen. The CLEO team puts the pixel trend to the test.





SEE SOMETHING YOU LOVE? TAP THIS ICON TO GET IT!

Download CLEO here:





# CLEOBOCY Health & Wellness News • Fitness Tips • Smart Eating Guide

# Brewing Business

Ever felt the need to poop after drinking a cup of joe? Here's why.

Clark Gable may not laugh till he's had his coffee, but we may not poop till we've had ours. According to the American Chemical Society, our favourite morning beverage can prompt the stomach to release an increased level of gastric acid. This then stimulates movement in the digestive system and creates the need to defecate. The speedy effect can take place in just four minutes and it's more common amongst women than men. But don't fret if you've never felt it before, as it only happens to three in 10 people. Looking for a way around it? Opting for decaf is not the answer. The acidic nature of coffee is what causes the effect, which means the level of caffeine is not the key. So if you're one of the lucky ones, we say it's probably wiser to embrace this quirky phenomenon.



# Hormonal Minefield

Trying to be healthy and not seeing results? Before you start pulling your hair out in frustration, here's why hormones might just be the answer.



mages Corbis/Click Photos Text Libby Babet

The rules seem obvious: to lose weight, you have to sweat it out. But despite slogging it out at the gym and eating healthy meals, the needle on the scales just won't seem to budge. What if we told you creating your best ever body was as simple as making a few lifestyle changes to help your hormones out?

With the right knowledge and a few tactics to balance your hormone levels, you can get your leanest body ever.

#### The fat controller Insulin

What it does: Insulin manages blood sugars by converting food to energy. Why it's important: Eating too much sugar in one sitting causes your body to release extra insulin to cope. The result is an energy crash and you're left craving even more sugar!

When it's unbalanced: If you throw off your insulin levels too often, your cells begin to ignore it and you're on your way to uncontrollable fat storage and, in the worst case, diabetes.

Keep it happy: Ditch sugars, reduce starches and stick to a moderate carbohydrate diet. Eat proteins and small portions of healthy fats regularly.

#### The stress head Cortisol

What it does: Cortisol is released when you're stressed out. At first, it encourages your body to burn stored glucose, but constant cortisol release shuts down fat burning altogether. Why it's important: Cortisol has many functions, including glucose management and insulin maintenance. You need this guy on your side when you're under pressure.

When it's unbalanced: Too much cortisol can result in fat storage, disturbed sleep, exhaustion in the mornings and often a second wind in the evening. Keep it happy: Kick coffee, or simply limit yourself to a pre-workout hit. Increasing your Omega-3 intake and establishing an evening wind-down ritual are also great ways to keep your cortisol in check.

#### The fat blasters Human **Growth Hormone (HGH)** and Testosterone

What they do: These hormones build lean muscle and promote fat-burning, affecting everything from whether your butt looks good to boosting your mood, immunity and sex drive.

Why they're important: HGH and testosterone encourages the body to use fat as fuel. Testosterone is a potent lean-muscle builder, as it increases metabolism and boosts your libido. It won't have you looking like Arnie; it'll just keep you lean and motivated.

When they're unbalanced: When HGH is low, you'll store fat easier and feel tired. If testosterone is low, you may struggle to focus and maintain muscle tone. Keep 'em happy: HGH is created while you sleep, so make sure that you get your full eight hours. Weight training gives a boost to both these hormones and testosterone loves protein, so increase your intake to keep those arms feeling strong.

#### **COVER ALL BASES**

but not sure which hungry hormone is the culprit? Make sure you're doing the best thing for your body:

- Ditch cereal and chow down on protein and good fats in the morning.
- Don't leave too much time between meals. A little hunger is beneficial but that starving feeling will upset your cravings for the rest of the day.
- >Cut down on caffeine. If you can't go without your daily grind completely, sip on a black coffee about 30-60 minutes before a workout.
- > Moderate your carb intake but avoid a super-low carb diet.
- Never overeat or diet; it confuses your body. Regular, smaller portions work best.
- >Get enough sleep. Without enough hours in the sack, you've got no chance of fighting the flab.
- Get outside and enjoy the fresh air. Spending just 20 minutes outdoors a day can make your body sing.

#### The appetite masters Leptin and Ghrelin

What it does: Leptin decreases hunger whereas ghrelin increases it and lets you know when you're dehydrated.

Why they're important: If leptin is out of whack, your brain won't register when you're full and that means constant cravings. Keeping a leptin-ghrelin balance is key.

When they're unbalanced: Sudden weight gain, mood swings, a large appetite and low energy levels are signs that your appetite control hormones may be imbalanced.

Keep 'em happy: Eat within an hour of getting up and choose protein or good fats for your first meal of the day. Decrease sugars but never go carb-free, and eat small meals throughout the day.

#### The sugar hater

#### Cholecystokinin (CCK)

What it does: CCK is a digestive hormone released when you consume proteins or fats. It sends a message to your brain to stop eating and your stomach to slow the rate of digestion. Why it's important: CCK flips your full switch to "on" but doesn't register sugars and starches, which is why sometimes you can scoff a whole bag of lollies and not feel full.

When it's unbalanced: If you constantly eat high-sugar or carb-loaded foods, CCK tends to lie dormant, impacting digestion and increasing cravings. Keep it happy: Use CCK for good by including more protein and healthy fats in most of your meals.

#### The girly ones Estrogen and Progesterone

What they do: Both hormones control ovulation, sex drive, your mood, fluid retention and fat distribution.

Why they're important: Making sure they're in balance will keep your skin clear and emotions in check.

When they're unbalanced: Mood swings and increased anxiety, excess fat and emotional upheaval are signs of imbalance.

Keep 'em happy: Avoid processed foods, alcohol (red wine is OK, phew!), and soy products. When exercising, try opting for resistance and interval training.



#### Foot taps

Target muscle group: Lower

1 Lie down on a mat. Have your hips and knees bent to 90 degrees (right angles) and your feet off the floor.

2 Engage your lower abdominals by pulling your belly button towards your spine and flattening out your lower back. Use a small folded towel placed under your lower back to feel for the correct positioning.

3 While breathing in to the count of three, lower your left leg towards the ground while maintaining the 90-degree bend in your knee. Touch your heel to the floor then return to the starting position while breathing out forcefully for one second.

4 Reset your abs and repeat the same exercise on the right leg.

5 Perform 8 to 10 reps on each leg.





#### Do the twist

#### Target muscle group: Obliques and

1Sit on the floor with your feet flat on the surface and your hips and knees bent to 90 degrees. Maintain a neutral spine and sit back until your upper body is at a 45-degree angle to the floor. Bend your arms at 45 degrees to the floor in the opposite direction.

2 Maintaining a neutral spine with a chest-up position, join your hands and rotate from the waist until facing the 45-degree position. Keep your head neutral, moving it with the torso.

3 In two seconds, turn to 45 degrees on the other side. Maintain a tight core and steady breathing.

4 Perform 10 full reps (move from left to right and back).

### Plank it

**Target muscle group:** Entire core and lower back

1Lie facedown on a mat, then support your weight on your forearms and toes. Your elbows should be directly below your shoulders and your feet should be hip-width apart.

2 Engage your lower abdominals by tilting your pelvis backwards and down so your lower back flattens out. Contract your quads (fronts of the thighs) and hold. Don't allow your back to sag or your butt to raise - your body should form a straight line from your shoulders to your heels.

3 Hold for 30 to 60 seconds, then rest for 90 seconds. Return to the start for 1 to 2 more full rounds.







#### Pu'er tea + dim sum

With a distinctive flavour, pu'er tea is the best for washing your har gaos (shrimp dumpling) and char siew baos (barbequed pork buns) down. The Chinese also believes it aids digestion and it's often their go-to drink during

heavy meals.



#### Green tea + sushi

No surprises here - there's a reason why Japanese restaurants always serve green tea. More specifically known as Konacha, this variant of green tea has a light and refreshing aftertaste that cleanses your palate between mouthfuls of sushi.



Always use freshly boiled water as water that's boiled more than once has a lower oxygen content that may affect the taste of the tea.

The water temperature should be at 80°C for preparing green tea and 100°C for other types of tea. The lower temperature for green tea prevents the bitterness in the leaves from accentuating.

Not all tea should be steeped for the same amount of time. Here are some recommended brewing times:

**OOLONG TEA** Five to seven

**BLACK** TEA Three to four minutes **GREEN** TEA Two to four minutes



#### Oolong tea + seafood

There are two types of oolongs in this world. Light oolong tea goes especially well with shellfish and lobsters that'll bring out the floral hints in the tea. If you're having duck or salmon, opt for a dark oolong tea instead. Its strong and smokey notes will stand out even as you savour your flavourful dish.



#### Black tea + cakes

The well-loved English breakfast tea doesn't just go well with bacon and eggs. The robust flavour of the tea enhances the sweetness in cakes while making sure it doesn't get too overwhelming at the same time.



#### White tea + salads

White tea has a light taste, so it's best to pair it with a dish that will not overpower its subtle flavour. A salad without dressing is ideal, but feel free to add olive oil if a naked salad is not vour thing.

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# mages TPG/Click Photos Text Liu Kai Ying.

# Peri-Peri Healthy



Our favourite day of the week? Definitely cheat day. But the rest of the week doesn't have to be a drag with the healthy choices in Nando's latest menu. Go for the flame-grilled Chicken Breast Burger that comes with homemade PERinaise (light mayonnaise with their famous

PERi-PERi sauce) or feast on a juicy Black Mushroom & Halloumi Wrap with chilli jam and yoghurt sauce. Feel free to get grilled veggies as a side, but we promise we won't tell if you order fries!

The Nando's Chicken Breast Burger retails for \$11.90 and the Black Mushroom & Halloumi Wrap for \$12.90 at all Nando's restaurants in Singapore.

### Fitness Frenzy

Pole-dancing classes sound great, but rock climbing seems really fun too. If you're as indecisive about which workout to go for as we are, KFit might be right for you. Partnering with over 400 fitness studios in Singapore, the app offers exciting classes like swing yoga and capoeira. For the more conventional fitness junkies, regular pilates and Zumba are also available. All you need to do is download the app to book classes and let your fickle mind go wild!



The KFit app is available for free at the Google Play and Apple App Store. A Basic package that limits members to one class a month is free and an All-Access package is priced at \$99 a month.

### FINE SLIC

Those who worry about their waistline may consider carbohydrates evil, but we say good carbs are an essential part of a healthy, balanced diet. Gardenia's Super Fine & Soft Wholemeal Bread is baked with 100 percent wholemeal flour milled to its finest form, which makes it soft and chewy perfect with kopi in the morning. It's also high in dietary fibre and prebiotics for better digestive health. So don't torture yourself by staying away from carbs because the good ones are totally worth it.

The Gardenia Super Fine & Soft Wholemeal Bread retails for \$2.60 at all major supermarkets, hypermarkets and convenience stores.





# Vit Cs for a Happy Heart

We turn to vitamin C to prevent colds, but that's not the only thing it's good for. Scientists at the University of Colorado have found that 500mg a day of vitamin C (that's around nine oranges!) can help reduce blood vessel constriction as well. In the three-month long study, the researchers found that daily consumption of the supplement has similar cardiovascular benefits as that of walking for exercise. But take note: don't go crazy over your vitamin Cs because more than 1,000mg a day of it can cause stomach cramps and diarrhoea.

# Get Your FRELINE Stickers Now!

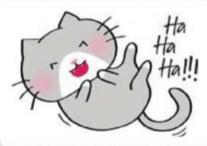
It's our
21st and LINE
celebrates
with us by
introducing this
adorable set of
limited edition
stickers!













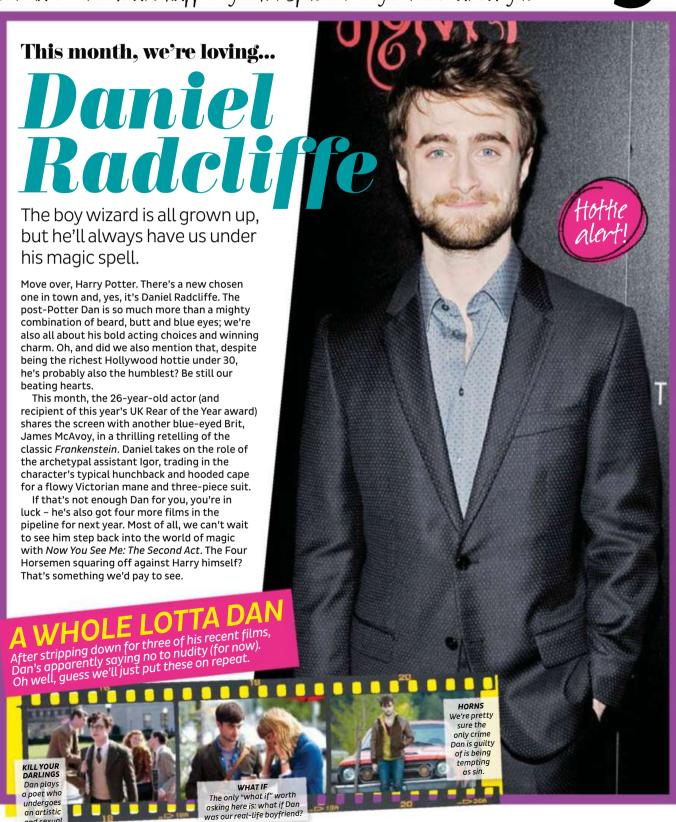






Simply scan this QR code or add @CLEOsg as a friend on **LINE** and be one of the first to receive the latest beauty and fashion goodies. These stickers are only available until November 14, so hurry and tell all your friends!

# Entertainment • What's Happening • Hot Spots • Dining Out • Great Gadgets

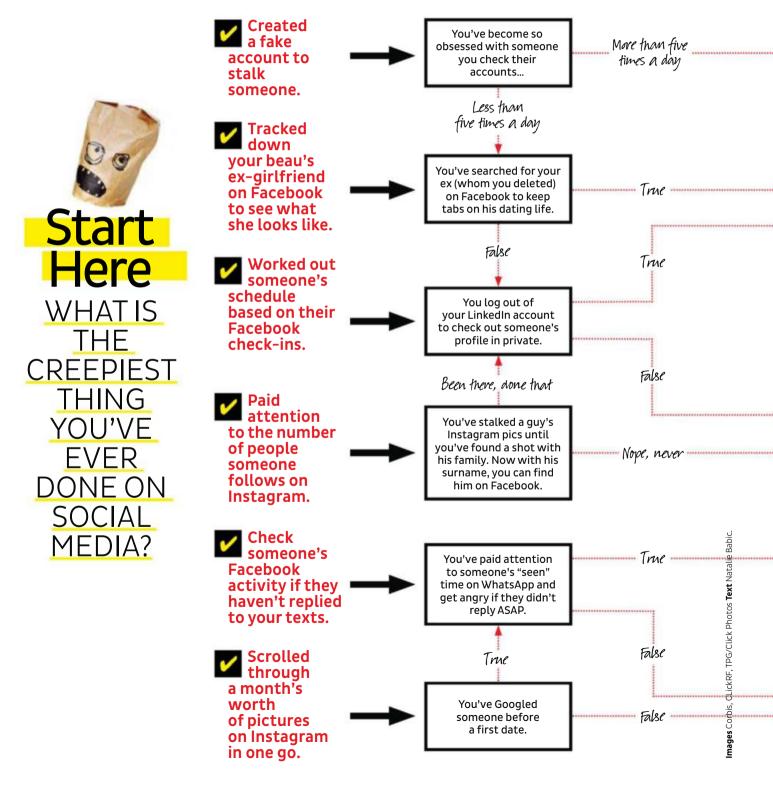


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and sexual

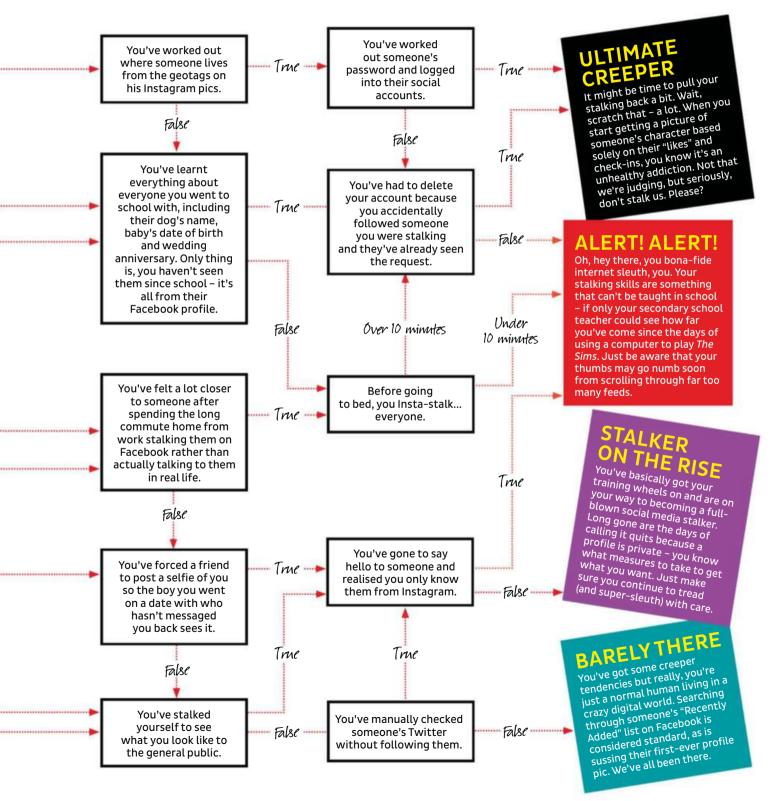
# Have You Got a

So, you're on social media and you stalk people. We all do (unless you're still



# SMSP? (Social Media Stalking Problem)

living in the days of Nokia 3310s). But how unhealthy are your creeper habits?





This month, we're all about getting weird and wonderful with our favourite four-piece girl band.

Their raucous lead single "Black Magic" was one of 2015's songs of the summer, and if you're like us, you've probably been waiting anxiously for Little Mix to drop their third studio album ever since. Get Weird finally lands this month and, as promised, the album is packed with funky, dance-y pop anthems that showcase the quartet's generous sass appeal. Unlike the hip-hop heavy Salute, which leaned on '90s influences and a darker, grungier sound, the new LP shimmers with '80s influences - in the form of bright, catchy hooks and confident harmonies that invite you to sing along (preferably at the top of your lungs, and with a posse of awesome girlfriends). Take note, these girls are at the top of their game, and you definitely want to go along for the ride.

Get Weird (Deluxe Edition) is available on iTunes for \$13.98.





#### Social media star Jemimah Wei shares the three albums she's totally addicted to.

Jemimah Wei is a local personality, Spotify ambassador and writes at jemmawei.com. Follow her at instagram.com/jemmawei or find her on Spotify (@jemmawei).



#### **London Cast**

#### PHANTOM OF THE OPERA

Musicals are my guilty pleasure. I try to catch Phantom every time I'm in London - after which, I go into days of curling up next to my computer with my Phantom Spotify playlist on repeat, crying and eating chocolate. I call it the "Phantom Hangover".



#### Pharmacy

#### GALANTIS

This album is ridiculously addictive with silly music videos to boot. I loop it when I'm doing editing work or working out - it works like a shot of caffeine. My current favourite is "Peanut Butter Jelly", a song which makes no sense at all, but that is pure fun.



#### Live at Eddie's Attic

#### THE CIVIL WARS

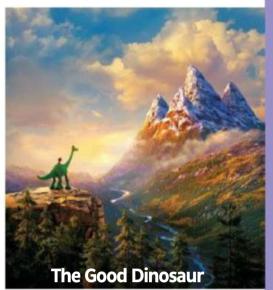
When The Civil Wars broke up, I felt like they were breaking up with me. This album is an actual live show, so they banter between songs, which is something I find nearly as endearing as the music itself. It's been years and I still love the album: 10/10!



#### LANA DEL REY – HONEYMOON

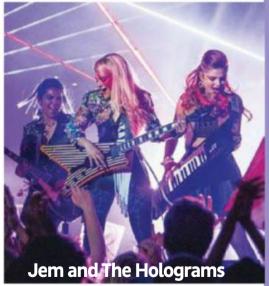
Lana's latest album is, admittedly, more of what we've come to expect from the smoky-voiced chanteuse - songs of love, madness and broken hearts packaged with sweetness, sorrow, soul and a good hit of rock 'n' roll. Honeymoon carries on the moody, atmospheric arrangements of the critically-acclaimed Ultraviolence, and Lana's vocal finesse is clearly maturing, as she plunges deeper into her signature sound. It might not be ground-breaking, but it'll nonetheless find its way on loop. Honeymoon is available on iTunes for \$12.98.

Ease into the holiday period with these feel-good flicks that'll take you right back to the halcyon days of childhood.



What if the dinosaurs never went extinct? Disney Pixar's second film of 2015 answers that question by pitting Arlo, a friendly Apatosaur, against the first human known to dinosaur-kind. Don't forget to pack some tissues when you book a ticket!

Opens November 26, 2015.



Before Barbie hopped from her dream house to the small screen, Jem and The Holograms ruled as the pop princesses of '80s children's programming. The 2015 update sees Jerrica (Aubrey Peeples) and her crew get the Pitch Perfect treatment with musical sequences and an uplifting underdog story.

Opens November 26, 2015.

# The Combat Zone

Here comes the boom... Pack some earplugs and get ready for some nail-biting action as war, strife and tons of conflict hits the cinemas this month.



The districts have finally heard the Mockingjay's rallying cry, and the rest of Panem is gathering against the Capitol as the final instalment of this recordbreaking franchise heads to its epic conclusion. And just when Katniss thinks the games have been left behind her, she's faced with a whole new playing field - the streets of the Capitol itself, which have been sown with deadly mines and traps to protect the ultimate viper in his nest... President Snow. Opens November 19, 2015.



007 is back, and while the action is just as heart-pumping as ever, it's Bond exploring his dark side that will really get your pulse racing. As a mysterious nemesis (Christoph Waltz) finally reveals himself, Bond finds himself entangled with two beautiful women (Monica Belluci and Léa Seydoux), both with equally troubled, murky pasts. This time, it's hard to know who has more secrets up their sleeves... and who has more to lose. Opens November 6, 2015.



A Shakespearean classic coming to cinemas usually heralds courtly love, chivalry, fantasy and such things, but director Justin Kurzel's bold retelling of Macbeth puts all the thrilling savagery of the bard's famous Scottish tragedy front and center. Taking the lead in this tale of political machinations and cruel, cold-blooded murder are Michael Fassbender and Marion Cotillard, whose performances as Macbeth and his lady are ones you won't want to miss

Opens November 12, 2015

## Don't miss these!

#### The Emperor's **New Clothes**

The familiar tale is retold with a musical twist. Presented by W!LD RICE, this heartwarming musical features veteran Lim Kay Siu as the vain emperor with Benjamin Kheng and Sezairi Sezali as his cheeky tailors. Directed by Pam Oei and written by Joel Tan, you're bound to be in for a night of laughter thanks to the witty script.

The Emperor's New Clothes takes place from November 20 to December 12, 2015 at the Drama Centre Theatre. Tickets are available at sistic.com.sq

#### THE CIRCLE

**Dave Eggers** 

When fresh graduate Mae Holland lands a position at a powerful tech company known as The Circle, she couldn't believe her luck. The company's advocacy towards total transparency and zero anonymity sounds good to Mae initially, but she soon feels the burden of having thousands of eyes on her as she climbs the ladder of ambition.



How has the internet changed our lives? These tales grapple with this question.



#### **GIRL ONLINE**

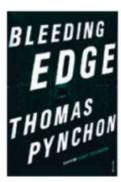
Zoe Sugg

As Orwell said, if you want to keep a secret, you must also hide it from yourself. Brighton schoolgirl Penny blogs about her personal experiences under the alias "Girl Online", and keeps it the biggest hush-hush of her life. When her parents take up a job offer in New York, she meets Noah and captures every bit of their romance on her blog. Little did she know their love story would go viral and thus begins her fight to keep her cover from being blown.

#### **Neon Lights 2015**

Couldn't get tickets to Coachella? It's OK, because Singapore's newest music and arts festival, Neon Lights, is here and they've brought a smashing list of musicians with them. The line-up includes Damien Rice, Kiasmos, Mercury Rev and many more. For those into literature, one of the six stages will also be dedicated to literary performances. So grab your friends, lace up your sandals and prepare to party!

Neon Lights 2015 takes place from November 28-29, 2015 at Fort Canning Park. Tickets are available at neonlights.sg.



#### **BLEEDING EDGE**

**Thomas Pynchon** 

Running a fraud investigation business, Maxine is approached to investigate suspicious financial activities in a computer security firm. She probes into the case and before long, she's catapulted into a conspiracy. Before she even figures out what's going on, the 9/11 attacks hit and she finds herself in a bigger mess than ever.





Still-life Photography Alexander Ow Text Ashlyn Wong

Vovente With such great gigs and fab shows, it feels like Christmas



came early for us!

Put on your artist's beret and head to the re-opened galleries at the National Museum of Singapore. After almost a year of closure, the Goh Seng Choo Gallery is back with a new exhibition titled Desire and Danger.

With a pendant as her only clue, the orphan Ivy sets off to Beauty World to find her longlost father. Little did she know she

would uncover the darkness that goes behind the glamourous cabaret world. Featuring Jeanette Aw and Janice Koh, catch the iconic musical at the Victoria Theatre.



If there's anything better than an electronic music festival, it would be one on a ship. Featuring a stellar lineup that includes Kaskade, Far East Movement and Showtek, It's



Happy birthday, Emma Stone! celebrating her birthday even as she films her

upcoming movie

La La Land with

the impeccable

Ryan Gosling.

If Taylor Swift's got a blank space on her VIP list then we sure hope our names are or it. Yes, we're talking about the 1989 World Tour at the Singapore Indoor Stadium. So what are you waiting for? Put on your red lip, classic look and get ready to fulfil your wildest dreams with Queen Tay!



Fans of **Def Leppard**, here's your chance to catch these rock legends live! It'll be their only show in Asia, so grab your tickets for Def Leppard Live in Singapore at the Suntec Convention & Exhibition Centre before they're gone.

We've got nothing but real, real, real love for Clean Bandit. There's no place we'd rather be than at The Coliseum, Hard Rock Hotel Singapore as they play here for the first time.





Shining bright like a diamond just doesn't cut it anymore. It's time to go bold and neon at the 5km-long Illumi Run at the F1 Race Village. Enjoy live acts at every glow zone while look fabulous with multicoloured neon splashes all over you!

# peak Easy

With news that Netflix will finally be available in Singapore from early next year, it's only natural that we take necessary action to get our home sound system up to scratch! Don't be fooled by the Samsung WAM7500 Speaker's sleek build and size - this compact beauty provides omni-directional audio to fill your entire living room with clear, balanced and rich sound. Even better, the WAM7500 has a hassle-free plug-and-play setup, and can be controlled wirelessly with the free Multiroom App 2.0 that's available for iOS and Android devices. Crystal clear, theatre-worthy sound - check. Now all you have to do is whip up a bucket of popcorn and binge on the second season of True Detective like royalty.

Samsung WAM7500 Speaker retails from \$699 at all authorised Samsung dealers.

#### App Review:

Apple revolutionised the digital music industry with the iPod and the iTunes Store. And it looks set to do it again with Apple Music. Like Spotify, the app lets you stream as much music as you like. The big difference is Apple Music's focus on suggesting new music. When you first start the app, it asks for your fave



Apple Music for iOS retails for \$9.98 a month.



#### Wireless Wonder

If you're a smartphone snapper and watch lots of movies on the go, chances are your phone runs out of storage pretty often. SanDisk feels your pain, and that's why it came up with the Connect Wireless Stick. It looks and works just like a conventional USB flash drive, but it also has built-in Wi-Fi so you can transfer pictures, videos and documents to and from up to three devices at once. Want to bring along the entire season of Empire but only have 16GB of storage on your phone? Transfer them to the Connect Wireless Stick - it can hold up

to 128GB of data and can last for up to 4.5 hours on a single charge. It can also automatically back up your photos from your phone's camera roll.

SanDisk Connect Wireless Stick retails from \$49 (16GB) to \$169 (128GB) at all major IT stores.

Super handy.

The number of paying subscribers to music subscription services worldwide, up from just eight million in 2010. source: http://www.ifpi.org/facts-and-stats.php.



**Brand New Season** Mondays 9.25pm



Ch 303

To subscribe to Singtel TV, call 1609 or visit www.singteltv.com.sg



Ch 513

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be yourself.



East with a Williamity Perhaps it's because of familiarity that we find ourselves gravitating towards Asian food sometimes. Here are

two joints that you should check out for comfort food - but not as vou know it!

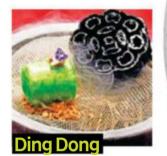


It's hard to get grilled fish right - the meat can get too dry, the tender flesh might fall apart

whilst cooking or the

fish might stick to the grill, resulting in one ugly mess. Thankfully, the expert chefs at Sumiya have perfected the art of charcoalgrilled fish or irori genshiyaki, an ancient Japanese cooking technique, so we'll never have to flounder over an open fire ever again. Try the Grilled Yellowtail Collar with Salt, \$20.80, or if you have a big table, the Whole Grilled Semi-dried Kinki Fish, \$48. We like that their fish is grilled evenly with a crispy layer of skin yet still remains juicy and tender on the inside. Sashimi lovers will go gaga over the Fresh Bluefin Tuna Sashimi Steak-style, \$68, which is a single cut of tuna that includes all the akami (lean), chutoro (medium fatty) and otoro (fatty) parts. Wash it all down with a glass of sake from their dispenser, where there's 16 different bottles to choose from. If you're having trouble deciding, you can just sample all of them since the dispenser doles out the drinks in three volumes: tasting, half, and full portions.

Sumiya is at #03-332/333 Suntec City, Tower 2. Tel: 6235 1816.



Ann Siang Hill's Ding Dong serves staple faves from Singapore, Malaysia and the rest of the region, but with a playful and exploratory twist. Take the Vegetable "Kon Lao Mee" with Sliced Pork, \$18 - this new addition to the menu was inspired by a popular street dish from Sabah, but swaps the noodles and off-the-shelf ingredients with shredded root vegetables, a zesty sauce (made in-house,

no less) and succulent slices of Mangalica pork. Another highlight from the revamped menu is the Wagyu Beef Char Siew with Pickled Papaya and Cherry Tomato, \$29. Instead of pork, this char siew dish uses marinated

beef short ribs that are slow-cooked for 48 hours (the melt-in-your-mouth texture is to die for). For a sweet finish, go for the Frozen Pulut Panggang with Pandan and Coconut, \$13, a modern take on the Peranakan classic that features coconut, pandan jelly and gula melaka.

Ding Dong is at 23 Ann Siang Road. Tel: 6557 0189.

Food hybrids are usually a hit-or-miss, but it seems like the scene has been on a winning streak lately. Here are some of our favourite chow that are coupling up.



When it first rolled out in 2013, the demand for this pastry was so high that it spawned a black market where they were going for US\$100 a pop.





#### **DONUT SANDWICH**

Sweet and savoury talk about a breakfast for champions. Homer Simpson would



approve. D'oh! **COOKIE SHOT** 



Perhaps drawing inspiration from soup served in bread bowls, cronut inventor Chef Dominique Ansel dreamt up these milk shots in cookie cups.



#### RAMEN BURGER

Who'd have thought? We won't be surprised if food purists have flipped a few tables over this wacky (but tasty!) combination.



#### **SUSHI BURRITO**

Think: handheld maki. It's the kind of thing you never knew you needed and you're just like, "Where have you been all my life?"



Unfortunately, McDonald's has politely declined Burger King's offer. We can only dream of this glorious but hypothetical burger.





# WILL SINGAPORE MAKE THE CUT?



Catch Singapore's finest home cooks battle it out with the rest of Asia in the Greatest Cooking Show ever.



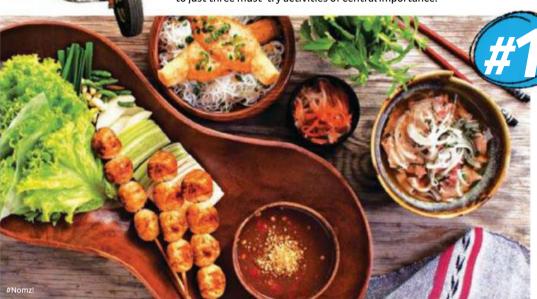
Thursdays 9pm

Website: msn.com/MasterChefAsia

# **Central Ambitions**

Take a big bite out of the Thai capital with our list of the top three things to do at Central Bangkok.

If you ask us, the way to actually give yourself a bit of a break during your holiday is to plan well and know your priorities. Like a vast, self-sustaining ecosystem nestled at the center of greater Bangkok, you could spend your entire holiday traversing the complex web of shopping, dining and fun at Central Bangkok, and never run out of things to do. Comprising three mighty shopping complexes - the luxurious Central Embassy, iconic Central Chidlom, and the colossal CentralWorld - the choices include upscale eateries, nightlife spots, retail therapy for all budgets, spas, five-star movie theatres and even an indoor iceskating rink. It's easy to get overwhelmed, so to make things easy for you, we've whittled down the list to just three must-try activities of central importance.



Thailand's street food is the stuff of legend, but it can be tough to really go all out when shoving noodles down your throat while huddled on a tiny plastic chair in a ramshackle, curbside food outfit. In the basement of Central Embassy, Eathai takes all the work out of that experience by collecting the finest street chefs and housing them in their warm, inviting food hall. Regional delicacies from the rest of the country are also available, so make sure to bring your appetite because there's no such thing as "stopping for a quick snack" here.

Dig in at Eathai



A few Thal designers have made their way to our shores, but many are still based in the land of smiles. And no, we're not talking about the Chatuchak variety. For a wide assortment of distinctive Thai brands, check out ThaiThai, where you'll find a selection of the country's top fashion talents gathered on one floor of Central Chidlom. From party-ready club styles, to sweet, lady-like dresses, you'll find plenty to tempt your well-earned dollars away from you. Best of all, Asian sizing. #Score.



### NIN An Elizabeth Arden SUPERSTART Skin Renewel Booster Worth \$95

If your current beauty routine just doesn't seem to cut it anymore, try introducing Elizabeth Arden SUPERSTART Skin Renewal Booster for better results. Aside from complementing your current skincare go-tos, this booster strengthens your skin's natural defences and promotes its ability to retain moisture. Suitable for all skin types, it's rich in sea fennel and flaxseed extracts that help enhance your skin's natural renewal process. Use this before you slather on your moisturiser or serum and feel your skin become more supple and radiant without you having to make drastic changes to your daily beauty routine.



We're giving away 53 Elizabeth Arden SUPERSTART Skin Renewal Boosters (30ml) worth \$95 each!

#### **HOW TO WIN!**

1. Visit www.CLEO.com.sg.
2. Click on the "DEALS AND EVENTS" tab.

 Click on the "DEALS AND EVENTS" tab.
 Select the contest you wish to take part in and fill in the required fields.





Terms and conditions: Promotion is valid from October 16, 2015 to November 15, 2015! Winners will be notified by the end of December, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and their families of SPHM Pte Ltd and its associated agencies.

#### COV DIO OCT 23 - NOV 22

Scorpios in love will be happy to know that you and your partner will be appreciating each other more than ever. The single ladies

will also be able to move on from difficult breakups and find hope in the future. No matter which category you belong to, grab innisfree Long Wear Cushion, \$34, to stay pretty all day.



#### Agittarius NOV 23 - DEC 20

More work might be coming your way, but it won't be anything you can't handle. You'll be needing support from your colleagues so be sure to stay in their good graces. Go ahead and grab that extra cuppa joe to stay focused and sharp, but be sure to keep yourself hydrated as well. Drink plenty of water and keep your skin moistured with innisfree Green Tea Seed



#### CATPRICOM DEC 21 - JAN 19

Great news, Capricorns! The extra drive and dedication you'll feel will yield results in your career. Friendships will also start to matter more and you might feel inclined to call up the girlfriends you haven't met in a while. Recharge your skin with innisfree

Aloe Revital Sleeping Pack, \$20, before you catch up with your old pals over a good meal together.



#### HAWANINS JAN 20 - FEB 18

You'll be headed towards better luck in financial investments, so you can bet that your bank account will be looking great. But don't jump the gun if you're a

newbie. Take the time to plan a smart and diverse portfolio. Use innisfree Orchid Enriched Cream, **\$43**, to keep your skin happily hydrated while you think wisely.



#### PISCES FEB 19 - MAR 20

Don't be surprised if you seem to be the mediator at your workplace this month. You'll find yourself growing closer to your colleagues and that'll create a

better working environment for you. Go for innisfree Super Volcanic Pore Clay Mask, \$21, for barely visible pores that'll get you compliments from your colleagues.



#### *NC*S MAR 21 – APR 19

Your month of love is here. For all the fabulous singles out there, don't be surprised if you find someone you can have a serious connection with. This special one will allow you to grow emotionally and learn to understand the significance of having love in your life. No worries to the rest, because you'll be blessed with plenty of chances to improve your relationship as well. Pump up the love with innisfree Vivid Tint Rouge, \$16.



#### AWWS APR 20 - MAY 20

The past few months have been trying, but fret not because brighter days are coming! You'll feel more vibrant and dedicated to your work, which would definitely contribute to a swell in your bank account. Remember to set aside time for your loved ones as well and pamper them with things they enjoy. Stay refreshed with innisfree Jeju Sparking Mineral Essence, \$43, to take on the beautiful days ahead.



HEMINI MAY 21 – JUN 20 It's a great period to get into a relationship, so start your search and don't let go of

the opportunity if you meet someone special! For those who are happily in love, you and your partner will find yourselves much sweeter and way more devoted to each other. Oh, you lucky one! Pamper yourself with innisfree Perfumed Body Water in Sunny, \$26, and add a summery scent to



#### NCCV JUN 21 – JUL 20 Mingling could have totally been your thing for the last couple of months but staying home with your family might have a bigger appeal this month. We applaud that but remember to spend some time with your significant other too. You'll also have it easy finding bargains and discounts so make full use of it! Pamper yourself with innisfree Super Volcanic Clay Mousse Mask, \$29, for visibly



#### **7** JUL 21 – AUG 21

You will be more focused and productive than usual at work, so take this chance to complete your tasks at hand. Your mood will also be positive, so why not take a few days off to completely relax at a beach staycation with those you love or go for an exciting solo backpacking adventure overseas? Alternatively, you could just treat yourself to innisfree Whitening Pore Synergy Serum, \$54, to look fabulous, no matter what.



#### /1/00 AUG 22 - SEP 22

your love story.

Got a habit you want to kick? It's a great time to start because Jupiter is now on your side. Grab this chance to improve yourself and for those who're fine with status quo, there's no better time to pick up a new skill.

For those in love, you might find yourself getting more attached to your partner too. Go for innisfree No Sebum Mineral Powder, \$10, to start afresh with flawless skin.



#### *jby* SEPT 23 – OCT 22

smaller pores.

You'll be in the mood for solo reflection this November, which is great because it's important to know what you truly want.

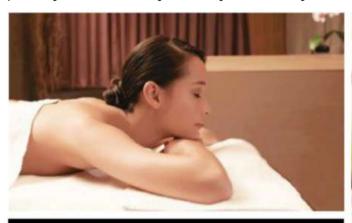
But if you're in a relationship, you could come off as distant to your partner. So talk to him more and give him some of your time too. Use innisfree Water Glow Cushion, \$34, to give your skin the essential moisture it needs.



Text Renaye Chan, Renaye & Paul Consultancy Group, Ashlyn Wong

# WIN An Amore Fitness & Boutique Spa Total Wellness Deal Worth Over \$250

An intense workout and a relaxing spa session go together like peanut butter and jelly. Let Amore Fitness & Boutique Spa pamper you with a holistic session as they celebrate their 30th Anniversary this month. To start off your wellness journey, the Body Composition Analysis provides you with a complete understanding of how your body is doing. Then sweat it out with the One Week Unlimited Fitness Pass that gives you access to their gyms and fitness classes at any of their outlets. Aside from their state of the art gyms, Amore Boutique Spa is also a five-star establishment complete with jacuzzis, oxygen coves and aromatic steam bath facilities for you to seek refuge from your everyday stresses. Unwind in a serene atmosphere with the Algo Discovery Facial that helps to cleanse, regulate sebum and enhance your skin's natural reparation. So go ahead and begin this holistic journey to wellness – your body will thank you later.



## **EXCLUSIVELY FOR CLEO READERS!**

Flash this page to enjoy a complimentary Body Composition Analysis and Consultation.

Terms and conditions apply. For new customers only. Valid from October 15 to November 20, 2015



### We're giving away 20 Amore Fitness & Boutique Spa Total Wellness Deals worth \$252.52 each!

Each deal consists of a One Week Unlimited Fitness Pass, \$94.16, Body Composition Analysis, \$21.40, and an Algo Discovery Facial (75 minutes), \$136.96.

#### **HOW TO WIN!**

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2. Click on the "DEALS AND EVENTS" tab.

 Click on the "DEALS AND EVENTS" tab.
 Select the contest you wish to take part in and fill in the required fields.



www.amorefitness.com

For outlet listings or more information, please call 6466 6822 or visit www.amorefitness.com

Terms and conditions: Promotion is valid from October 16, 2015 to November 15, 2015! Winners will be notified by the end of December, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and their families of SPHM Pte Ltd and its associated agencies.

### Here it goes... Ready, Steady, Shop!



#### Give Health a Shot

We all know it's healthier to cook than to eat out, but that's easier said than done. Counter the effects of oily hawker food with TruLife Herbal System Detox. With six natural active ingredients like green tea, lotus leaf, hawthorn fruit and cassia seed, this yummy shot helps enhance digestion, improve metabolism and slow down the absorption of carbohydrates and fats. What's more, it features a subtly sweet and fruity taste that makes it a joy to drink!

Herbal System Detox retails for \$45.95 at NTUC FairPrice, Guardian, Watsons, Big Box Megastore and Nishino pharmacies, and Robinsons and Metro department stores, Lazada.sg and Ooo10.sg.

#### **Original Goodness**

These colourful bottles have always caught our eyes in stores and truth be told, they work even better than they look! Made with natural fragrances and plant extracts, Original Source's body washes are sure to invigorate you at the start of the day. Those who don't believe in animal testing will be glad to know that they're cruelty-free too. One problem, though - we doubt it'll be easy leaving the store with just one bottle with so many eye-catching colours and yummy scents to choose from!

Original Source Body Washes retail for \$6.50 each at Guardian, Watsons, Cold Storage, John Little, Market Place and redmart.com.



#### **Odour Be Gone**

It's tough not to feel self-conscious about odour despite changing pantyliners diligently. We totes get it. Let the Laurier Active Fit Deodorant Ag+ pantyliners take away those insecurities with silver ions that effectively absorb odour and eliminate bacteria. If your period is about to end, go for the Laurier Active Fit Safety Long & Wide pantyliners that give you maximum protection even when you're on a light flow so you'll feel dry and fresh throughout the day!

The Laurier Active Fit Deodorant Ag+ pantyliners and the Laurier Active Fit Safety Long & Wide pantyliners retail at major supermarkets, pharmacies and





#### Fit to Party

Wild parties always have us living in guilt the next day, but Amore's 30th birthday celebration this year will defo leave you feeling better than ever. With a three-day island-wide open house that gives you free access to fitness classes and gym facilities, this joyous occasion is bound to get your heart racing and adrenaline running throughout. Aside from the intensive workouts, you'll also be part of fun activities and exclusive anniversary deals!

The Amore Fitness & Boutique Spa three-day islandwide open house takes place from November 20 - 22, 2015 across all outlets. Visit amorefitness.com for



#### **Tame Your Mane**

Stressed about your tresses? Sunsilk's Smooth & Manageable range helps take away these worries. Featuring Moroccan argan oil that's rich in antioxidants and omega-6 fatty acids that help repair your damaged strands, your mane will be glossy and tamed in no time. The Smooth & Manageable range also contains almond, coconut, jojoba and olive oil so your hair will be nourished by the goodness of these natural oils after every wash.

The Sunsilk Smooth & Manageable range retails from \$4.90 to \$10.60 at major pharmacies and

#### **Love Your BB**

The first step to any makeup routine is always creating a flawless base and the Silkygirl Magic BB All-In-One Powder Foundation makes it easy for you to do just that. The Wild Mango Butter and Calendula Flower Extract moisturises your skin while the Sakura and Mulberry Leaf Extract smoothes and brightens your skin. What's more, the vitamin E and SPF 35/PA+++ protects your skin from free radicals and harsh UV rays. With such a great foundation, you can be sure the rest of



#### Tech in Your Hands

Besides smartphones, our laptop would probably be the most important thing in our lives. We use it to watch movies at home, take notes in school and chill at cafes. Needless to say, it's essential to have a laptop that meets our everyday needs. Check out the Lenovo YOGA 500, which lets you use it in a laptop, table stand. tablet or tent format. It also features YOGA Harmony, a software that adapts to your habits by remembering the apps you use most. What's more, enjoy all your fave TV shows on its full HD screen with IPS technology. So no more bulky laptops to carry around now you can enjoy whatever you do, wherever you want to.

The Lenovo YOGA 500 retails from \$1,299 at all Lenovo Brand stores and authorised Lenovo retailers. Head to lenovo.com/sg/en for more information.



#### **Stay V Refreshed**

If there's one thing to note about having four seasons of summer, it's that we perspire all through the year. But that doesn't mean the skin around your vagina has to go through all that

sticky and sweaty feeling. Formulated with extra herbal essences, Lactacyd All-Day



**Fext** Liu Kai Ying

Fresh ensures vou won't be hindered by discomfort down below no matter how active you are. Going to the gym? Lactacyd Cool & Fresh consists of natural menthol essences to get you feeling super fresh and clean after a good workout!

lactacyd.com.sg for more information.



**Fancy Frocks** 

Ever had the problem of having a closet full of clothes but nothing to wear? If so, spice things up with The Closet Lover's new range of apparels! We're loving the Harper Floral Dress in Black or Red Florals and Faustine Floral Maxi Dress that are elegant and super sweet - totes perfect for date night. Also, here's a special mention to the simple yet classy Cleo Tulle Skirt that goes with just about anything in your wardrobe - you'll never panic over having nothing to wear again! The Harper Floral Dress retails for \$45.90, the Faustine Floral Max Dress for \$53.90 and the Cleo Tulle Skirt for \$42.90 at the closet lover com



#### **Stay Beautiful Always**

"Will you still love me when I'm no longer young and beautiful?" This line no longer applies to our lives because Clarins is introducing a special set that contains all you need to keep your skin from ageing too quickly. In it, the Clarins' Double Serum harnesses the power of 20 plant extracts to revitalise your skin cells and stimulate its five vital functions so your skin will stay youthful like you are. Better yet, pair the Double Serum with the Extra-Firming range to firm, lift and improve your skin's radiance. With that, you'll stay young and gorgeous always.

The Clarins Double Serum and Extra-Firming Collection set retails for \$115 at the Clarins Boutique and counters islandwide.

#### **Spot-free Zone**

Prevention is always better than cure and these wise words apply to caring for your skin too. The Neutrogena Deep Clean Acne Foam Cleanser and Foaming Wash uses Microclear™ Technology that helps to fight against acne-causing bacteria and prevent emerging breakouts. The natural botanical complex in them also helps to calm, soothe and hydrate your skin. They're also dermatologist tested, which means you can go ahead and use them with a peace of mind!

The Neutrogena Deep Clean Acne Foam Cleanser (100g) and Neutrogena Deep Clean Acne Foaming Wash (150ml) retail for \$13.90 and \$16.90 respectively at



#### **Free Your Hair**

Are you constantly plaqued by hair problems such as frizz and dandruff? If so, consider using a shampoo that's sulfate- and silicone-free. Silkpro's Vitair series is rich in essential vitamins and allows your strands to stay smooth, light and more manageable without the use of sulfate and silicone. With four variants in the market, you'll defo be able to find one that best suits your hair needs!

The Silkpro Vitair shampoo series retails from \$6.90





# Shop it!

3CE. Sephora at #02-06/07/08/09 Bugis+ #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands, #01-35/36/37 Nex, #B1-05/06/07 Ngee Ann City, #01-56/57 Plaza Singapura, #01-314/315/316 Suntec City Mall, #01-03 to 07 Tampines 1 and #B2-31-34 VivoCity.

ABC ACTUALLY. #03-18 Orchard Gateway.

ACCESSORIZE. #B2-12/13 ION Orchard, #01-43 Raffles City Shopping Centre, #01-111 Bugis Junction, #01-31 Tampines Mall, #01-79/80 Parkway Parade, #02-32 Jem, #01-34 Bedok Mall, and #03-28 Metro Paragon.

ADIDAS. #02-30/32 Novena Square, #01-323 Suntec City Mall, #01-09 Pacific Plaza, #03-01 Cathay Cineleisure Orchard, #02-03 112 Katong, #02-42/43 Parkway Parade, #01-123 IMM Building, #04-35 Paragon, #02-06/08 The Cathay, #01-38/40 #02-74/76 VivoCity, #B1-25/27 Citylink Mall, #02-30/32 Velocity, #02-10/11 Bugis+, #B1-53 & B2-15 The Shoppes at Marina Bay Sands, #01-43/44 Tampines 1, #02-35 Changi City Point and #01-34-#03-34 Jem.

AGNÈS B. ION Orchard, Shaw House Isetan, Takashimaya, Wisma Atria Isetan and Raffles City.

ALDO. #01-07 Raffles City. #01-192 VivoCity, #B2-2 ION Orchard, # 03-10 Paragon, #01-08/09 Tampines Mall, #01-34/36 Wisma Atria, #01-31 Plaza Singapura, #02-40 313@Somerset, #01-01/02 Junction 8, #01-39/40 Bugis Junction, #01-40A Westgate and Takashimaya Shopping Centre.

AMERICAN EAGLE **OUTFITTERS.** #B1-06/07 VivoCity.

A-MORIR. www.a-morir.com. ANNA SUI. Anna Sui Cosmetics counters and department stores.

**ANNICK GOUTAL.** Escentials at Paragon, TANGS at Tang Plaza and VivoCity, and

Robinsons The Heeren.

ASOS. www.asos.com.

#### **BANANA REPUBLIC.**

#02-06/07 & #03-06/07 Paragon Shopping Centre and #B3-102 The Shoppes at Marina Bay Sands.

**BERSHKA.** #B2-09-11 ION Orchard, #01-58-63 VivoCity, #02-304A Marina Square Shopping Mall and #02-20/21 Bugis+.

BIMBAY LOLA. #B1-22 ION Orchard, #01-03 Mandarin Gallery, B2-100A Marina Bay Sands and #01-140 VivoCity.

#### **CALVIN KLEIN JEANS.**

#02-40/41 Paragon Shopping Centre and #B1-08 ION Orchard.

#### CH CAROLINA HERRERA.

Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Metro Woodlands, Metro Centrepoint, Robinsons Raffles City, Robinsons Jem, Robinsons Heeren, BHG Bugis and Isetan Scotts.

CHANEL. BHG Bugis, #B2-43 ION Orchard, Isetan (Katong, Scotts, Serangoon and Tampines), Metro Paragon, #B1-134 The Shoppes at Marina Bay Sands, Robinsons (The Heeren and Raffles City), Takashimaya SC and TANGS (Tang Plaza and VivoCity).

#### **CHARLES & KEITH.**

#B1-32/34 and #B1-18/19 Wisma Atria Shopping Centre, CityLink Mall, #01-06/08 Bugis Junction, #01-28 Causeway Point, #01-38 Great World City, #02-28/28A Plaza Singapura, #01-13/14 Tampines Mall, #01-30/31 Anchorpoint Shopping Centre, #B3-58 ION Orchard, #02-107/108 Marina Square Shopping Mall, #01-339 Suntec City Mall, #01-58 Jem. #02-184/185 VivoCity. #02-46 to 49 313@Somerset, #B2-99 Marina Bay Sands, #01-2B/03 to 05 Parkway Parade, #01-34/35 City Square Mall. #03-31/32 Raffles City Shopping Centre, #B2-12 to 14 Takashimaya Shopping Centre. #01-22/23 112 Katong and #01-39/40 Nex.

CHLOE. Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Robinsons, Isetan Scotts and Sephora.

CLIO. Selected Watsons stores at Bugis Junction, Compass Point, IMM, Ngee Ann City, Parkway Parade and VivoCity.

COACH. #01-11 Paragon, Level 1 Takashimaya DS, #01-35 Raffles City Shopping Centre, Level 1 Isetan Scotts Department Store, #B2-40 The Shoppes at Marina Bay Sands. #01-195/196 VivoCity and #02-19/27 Wisma Atria.

COS. #03-23/23A ION Orchard and #01-41/42 Westgate Mall.

**DKNY.** Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Robinsons Raffles City, Robinsons Jem, Robinsons Heeren and Sasa stores.

**DOVE.** All leading hypermarkets, supermarkets and pharmacies.

**DSQUARED2.** Sasa stores. ECLECTICISM. #01-07 Wisma Atria, and #B1-06 Wheelock Place.

ESTÉE LAUDER. BHG Bugis, Isetan (Parkway Parade, Scotts, Nex, Tampines and Westgate), Metro (Causeway Point, Centrepoint and Paragon), OG People's Park, Robinsons (Jem, The Heeren and Raffles City), Takashimaya and TANGS (Tang Plaza and VivoCity).

ETUDE HOUSE. #B2-30 313@Somerset, #01-87/88 Bedok Mall. #B01-K02 Causeway Point, #01-12 Chinatown Point, #03-34 Clementi Mall, #02-44 Jem, #01-48 Junction 8, #01-57/58 Jurong Point, #01-19 Lot One, #01-63 Nex, #01-23B Parkway Parade, #B1-26 Plaza Singapura, #02-601/601A Suntec City Mall, #01-15 Tampines1, #01-K3 VivoCity and #B1-20/21/22 Wisma

FACTORIE. #01-1009B Suntec City Mall, #B2-19 ION Orchard, #02-48/49 VivoCity, #02-28 Westgate and #02/29A Causeway Point.

FOREO. Sephora at #02-06/07/08/09 Bugis+. #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands,

#01-35/36/37 Nex, #B1-05/06/07 Ngee Ann City, #01-56/57 Plaza Singapura. #01-314/315/316 Suntec City Mall, #01-03/07 Tampines 1 and #B2-31-34 VivoCity.

FOREVER21. #01-16. #02-16. #03-16 313@Somerset, #01-71 VivoCity, #B1-01 Orchard Exchange and #01-02/59 Kallang Wave Mall.

GHI GHD. PREP at #01-62 Capitol Piazza and #03-34 Mandarin Gallery, J's Salon at Grand Copthorne Waterfront Hotel, Expat Hair Studio at 422 Joo Chiat Road, Salon Royale at #02-117 Festive Hotel at Resorts World Sentosa, Salon Vim at #04-25/28 Somerset 313, and Shunji Matsuo at #05-23 Ngee Ann City Tower B.

**GIORGIO ARMANI.** Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Metro Centrepoint, Metro Woodlands, Robinsons Raffles City, Robinsons Jem, Robinsons Heeren, BHG Bugis, Isetan Scotts and Sasa stores.

**GUCCI.** Sephora, Takashimaya DS, Robinsons Heeren.

H&M. Orchard Building, #B2-28/31 & #B3-27 ION Orchard, #01-01 & #02-01 & #03-01 Jurong East Mall, #01-19/20 VivoCity, #01-307 Suntec City Mall, #01-01, #01-03 One Raffles Place, #01-12 to 33 Nex, and #01-01 & #01-74 to 78 Kallang Wave.

**HANDMADE HEROES. Slice** of Life, Level 2 Isetan Scotts, Naiise at #02-23 The Central, #01-30 West Gate Mall and #02-12 Wheelock Place.

HERMÈS. Liat Towers, Takashimaya DS, Tangs (Orchard and VivoCity) and Robinsons (The Heeren and Raffles City).

HER VELVET VASE. www.hervelvetvase.com.

JACK WILLS. #01-09 Raffles City Shopping Centre.

**JO MALONE.** #02-09A Ngee Ann City, #B1-80B The Shoppes at Marina Bay Sands, Tangs Beauty at Tangs Orchard.

JUICY COUTURE, #03-03 Naee Ann City and #B2-86/87 The Shoppes @ Marina Bay Sands.

KAREN WALKER. At Atlantic Optical, Club21b, P.V.S, DH Sunglass at #02-04 Orchard Gateway, Apres Five at 8 Mohamed Sultan Road #03-01, Evecare People at 25 Lorong Liliput, Holland Village, Front Row at #02-09 Raffles Hotel Arcade, Robinsons Orchard at 260 Orchard Road, and Seen at Dempsey at 8 Lorong Mambong.

KATE. Selected FairPrice Finest, FairPrice Xtra, John Little, Nishino Pharmacy, OG, Sasa Cosmetics and Watsons.

#### KATE SPADE NEW YORK.

#03-27 ION Orchard, L1-22 Bay Level The Shoppes at Marina Bay Sands and #B2-17 The Shoppes at Marina Bay Sands.

KENZO. Robinsons (The Heeren, Jem and Raffles City), Sephora and Takashimaya DS.

**KIEHL'S.** #01-13 Bugis Junction, #01-16 Great World City, #B3-54 ION Orchard, Metro Centrepoint, #B1-33 Ngee Ann City, #01-19 Parkway Parade, #01-66 Plaza Singapura, Robinsons Raffles City, #01-321 Suntec City, #B1-33 Takashimaya SC, TANGS at Tang Plaza, #01-29 Tampines Mall, Tangs Orchard, #01-11/12 VivoCity and #01-32 Westgate Tower.

#### LADY JAYNE.

https://redmart.com/ marketplace/mcphersonsconsumer-productsmcp#brand=lady-jayne.

LANVIN. Isetan Scotts, Metro (Compass Point, Paragon and Causeway Point), OG People's Park, Robinsons (Centrepoint, Marina Bay Sands and Raffles City), Takashimaya DS and Tangs (Orchard and VivoCity).

#### **LOVE MOSCHINO.**

#4-202 Takashimaya Department Store.

**LULA ROCK.** #02-07 Palais Renaissance.

MNO MAISON MARTIN MARGIELA. BHG

Bugis, Metro (Causeway Point, Centrepoint and Paragon), Robinsons (Jem, The Heeren and Raffles City), Sephora and TANGS (Tang Plaza and VivoCity)

#### MARC BY MARC JACOBS.

#03-21 ION Orchard, Isetan Scotts Level 2, #01-11 & #02-12 Mandarin Gallery and #01-11 Raffles City Shopping Centre.

MARC JACOBS. Tangs (Orchard and VivoCity), Takashimaya

DS. Metro Paragon, Robinsons (Centrepoint, Marina Bay Sands and Raffles City), and Marc by Marc Jacobs and Marc Jacobs boutiques.

MIU MIU. #01-27 ION Orchard. #01-01/02/03 Paragon, #026-081 Changi Airport Terminal 2 and #B1-32/33/34 & #B2-30/31 The Shoppes at Marina Bay Sands.

#### **MONSOON PROFESSIONAL.**

All Venus Beauty stores. **MOSCHINO.** #01-04/05 Paragon.

MSGM. Level 2, Takashimaya

**NARCISO RODRIGUEZ.** Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Metro Centrepoint, Robinsons Raffles City, Robinsons Jem and Robinsons Heeren.

#### NASTYGAL.

www.nastygal.com.

#### **NET-A-PORTER.**

www.netaporter.com.

NEW LOOK. #B2-34 to 37 313@Somerset, #01-151 Suntec City Mall, #B2-04/05 & #B3-06/07 ION Orchard, #02-44 Westgate, #02-26/25 Tampines 1, #B1-47A Citylink Mall, #L2-25/26 Bugis+ and #02-51 to 54 City Square Mall.

#### **OCCASIONAL GLIMPSES OF BEAUTY.** #02-05

Orchard Gateway.

**ON PEDDER.** #02-12 P/Q Takashimaya SC and #02-10/13 Scotts Square.

R PACO RABANNE.
Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Metro Woodlands, Metro Centrepoint, Robinsons Raffles City, Robinsons Jem, Robinsons Heeren, BHG Bugis, Isetan Scotts and Sephora.

PANTENE. All leading supermarkets and pharmacies.

#### PEDDER RED.

#03-04 Ngee Ann City.

PLAYHOUND. Robinsons at 260 Orchard Road.

PRADA. Tangs Orchard, Tangs VivoCity, Takashimaya DS, Metro Paragon, Metro Centrepoint, Robinsons Raffles City, Robinsons Jem and Robinsons Heeren, Isetan Scotts and Sephora.

**PULL & BEAR.** #01-28A VivoCity, #B2-08 ION Orchard, #01-19 Bugis+ and #B2-04 Ngee Ann City.

#### RIVER ISLAND.

www.riverisland.com

#### **SECTS SHOP.** #04-14

Orchard Gateway.

SHU UEMURA. Action Hair Boutique at #B1-149/150 The Shoppes @ Marina Bay Sands, BHG Bugis Junction, #B2-40/41 ION Orchard, Isetan (Orchard, Scotts and Tampines), Metro Paragon, Robinsons (Orchard and Raffles City), Takashimaya DS, Tangs (Orchard and VivoCity) and Valiram at Resorts World Sentosa.

#### **SKINNY DIP LONDON.**

Skinnydiplondon.com

#### **SOAP & GLORY.**

Sephora at #02-06/07/08/09 Bugis+, #01-59/60 Great World City, #01-05/06 ION Orchard, #01-42 Jem, #B2-32 The Shoppes at Marina Bay Sands, #01-35/36/37 Nex, #B1-05/06/07 Ngee Ann City. #01-56/57 Plaza Singapura, #01-314/315/316 Suntec City Mall, #01-03 to 07 Tampines 1 and #B2-31-34 VivoCity.

**SPA CEYLON.** #01-43 Wisma Atria.

STILA. Sephora.

STRADIVARIUS. #B2-15 ION Orchard, #02-24 Raffles City Shopping Centre and #01-38 Jem.

SUPERSPACE. #02-18 Orchard Gateway.

**SWAROVSKI.** #02-74 Changi Airport Terminal 1, #026-056 Changi Airport Terminal 2, #02-45 Changi Airport Terminal 3, #01-18 The Centrepoint, #01-K4 Great World City, #B1-17/18 ION Orchard, #01-40 Jurong East Mall, #B2-18 The Shoppes at Marina Bay Sands, #01-09 & K8 Parkway Parade, #01-33 Plaza Singapura, #01-09/10 Raffles City Shopping Centre, #01-346/347 Suntec City Mall, #01-05 Tampines Mall, #01-15 to 17 VivoCity and Takashimaya Shopping Centre.

THE BODY SHOP. www. thebodyshop.com.sg/en/ store\_locator.aspx for store listinas.

THEFACESHOP. #B1-19 AMK Hub, #01-27 Bishan Junction 8, #02-23/24 Bugis Junction, #02-21 Bukit Panjang, #01-32 Causeway Point, #03-39 The Clementi Mall, #01-48 Compass Point, #01-21 Hougang Mall, #01-22 Jem, #01-48/87/88 Jurong Point, #01-65 Nex, #01-59 North Point, #B1-68/69 Parkway Parade, #01-62 Plaza Singapura (New Wing), #B1-39 Raffles City, #02-340 Suntec City Mall, #01-02 Tampines Mall, #01-62 The Atrium (Plaza Singapura), #01-30 Tiong Bahru Plaza, #01-16 Toa Payoh Hub, #02-178 VivoCity, #02-18 West Mall and #B1-K5/K6 Wisma Atria.

TIBI. TANGS at 310 Orchard Road and #01-187 & #02-189 VivoCity.

TIMEX. #01-21 The Centrepoint, #01-65 Bugis Junction, #B2-02 VivoCity, #B1-38 Citylink Mall and #04-07 Orchard Central

TOM FORD BEAUTY. TANGS at Tang Plaza.

TOO FACED. Sephora.

TOPSHOP. #B2-01ION Orchard, #02-39 Raffles City Shopping Centre, #01-22 to 29 BHG Bugis Junction, #01-05/06 Knightsbridge, #02-16 Tampines 1 and #01-72 VivoCity.

TSUMORI CHISATO. #01-30/ 34 Forum The Shopping Mall.

TYPO. #01-53/53A Bugis Junction, Level 1@ Somerset313, #B1-61/64 Wisma Atria, #02-39 VivoCity, Anchorpoint Shopping Centre, #B1-20/21 Ang Mo Kio Avenue 3, #03-12 Clementi Mall and #02-21 Westgate.

**UNIQLO.** #02-28/30 Tampines 1, #B2-38 & #B3-51/52 ION Orchard, #03-27/34 313@ Somerset, #02-21/24 Causeway Point, #01-41/42 VivoCity, #B1-155/155D Parkway Parade, #02-15-17 Bugis+, #03-53/62 Plaza Singapura, #02-07 & #03-30 Jem and Level 1 Suntec City Mall.

#### VWXYZ

VALFRE. www.valfre.com.

VANS. #02-111/113 VivoCity, #02-160 Marina Square, #03-56 Jurong Point 2 Shopping Centre, #01-22/23 Orchard Central and #B3-61 ION Orchard.

VIKTOR&ROLF. Tangs Orchard, Takashimaya DS, Metro Paragon, and Sephora.

**WHAT WOMEN WANT.** #02-22 Mandarin Gallery.

WEEKENDS. #B1-10 VivoCity. WYLD SHOP.

www.thewyldshop.com.

YSL. #B2-34 ION Orchard and TANGS at Tang Plaza.

**ZARA.** #01-57/58 Great World City, #01-28 VivoCity, #B1-15-24 Ngee Ann City, Liat Towers, 313@Somerset and #B2-03/B3-05 ION Orchard.

# Subscribeto

The first 50 to subscribe will receive an ETUDE HOUSE Makeup Hamper worth over \$100!



# CLEO for \$42

#### ETUDE HOUSE Makeup Hamper

Starting your day with a flawless look doesn't have to be a cumbersome affair if you've got the right products. Begin by removing excess oil on your face with ETUDE HOUSE Zero Sebum All-Day Matte Gel. Then pat on ETUDE HOUSE Magic Any Cushion SPF 34/PA++ to brighten your skin. Next, give your eyes a pop of colour with ETUDE HOUSE Look at My Eyes Eyeshadow before enhancing your overall look with the multi-tasking ETUDE HOUSE Play 101 Pencil! Keep your cherry lips staying moisturised all day with ETUDE HOUSE Color in Liquid Lips, then complete your look with a spritz of the ETUDE HOUSE Loving Days Cool Sugar Mist that'll give you a light and fresh scent as you begin your day.



The ETUDE HOUSE Makeup Hamper consists of a Color in Liquid Lips, \$17.90, Play 101 Pencil, \$12, Look at My Eyes Eyeshadow, \$7.90, Magic Any Cushion in Lavender, \$29, Zero Sebum All Day Matte Gel, \$19.90, and Loving Days Cool Sugar Mist (60ml), \$16.

+ ETUDE HOUSE +

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#### #WeLoveCl Ever wondered where we get our Instagram inspo from? You.













Singapore. Followers: 810+



Your photos... right here, right now.

Post what you're doing, wearing and loving this month with the hashtag #WeLoveCLEO and your pics could make it into the next issue!

### WIN A Curél Hamper Worth Over \$108

If you have oily and sensitive skin, you'll understand the difficulty of finding products that keep your skin oil-free without aggravating its sensitivity. Save yourself the pain with Curél's Sebum Care range that'll help you tackle both issues at the same time. Formulated specially for sensitive and oily or combination skin types, the Sebum Care range helps to manage your skin's sensitivity and excess sebum in just four weeks. The combination of Zero-in Sebum Control technology and moisture-retaining ceramide care not only helps to control excess oil, but also boosts your skin's resilience against sensitivity. Complete your skincare routine with the UV Protection Milk SPF50+ PA+++ that'll reduce irritation and redness caused by harsh UV rays all day!









### We're giving away 46 Curél hampers worth \$108.40 each!

Each hamper consists of a Sebum Care Foaming Wash (150ml), \$19.80, Sebum Care Lotion (150ml), \$24.90, Sebum Care Moisture Gel (120ml), \$34.90, and a UV Protection Milk SPF 50+ PA+++ (60ml), \$28.80.

#### **HOW TO WIN!**

- 1. Visit www.CLEO.com.sg.
  2. Click on the "DEALS AND EVENTS" tab.
- 3. Select the contest you wish to take part in and fill in the required fields.





Terms and conditions: Promotion is valid from October 16, 2015 to November 15, 2015! Winners will be notified by the end of December, 2015. All CLEO giveaways are open to all residents of Singapore, other than the employees and their families of SPHM Pte Ltd and its associated agencies.



# **Tinder Nightmares**

We're totes cool with online dating but when the matchmaking app gives us guvs like that, don't blame us for swiping left.



"I was relatively new on Tinder, so I got excited when I matched with a male model who was currently in town. I jokingly quoted Zoolander and asked if he was an actor slash model and not the other way around. I thought it would have made a good ice-breaker. Wrong. He got horribly offended and accused me of being shallow and spent the rest of the day sending me passive-aggressive links to stories, questioned my spirituality, moral code and personal beliefs... all because I asked him what he did for a living. PS: all his

Tinder photos were of him modelling."

Cheryl Chan, Fashion Stylist/Writer

"I said 'hi' to a match and before we could get into a proper conversation, he replied with all the details he gathered about me through my very basic Tinder profile. He told me where my profile photos were taken (Massachusetts and Hong Kong), inferred that I was a writer and even correctly wished me happy birthday! I don't know if he's truly a Sherlock, but I do know I'm defo not going to be this creepy guy's Watson."

> Liu Kai Ying, **Editorial Assistant**



"Swiped right on a guy wearing a wrestler mask and licking a woman's high heel because I was curious. Turns out he's a 32-yearold submissive, and he had a lot of interesting stuff to say about his life. But then he told me that he wanted to massage me and wash my undies. Sophie Hong,

Features Write

"One guy's profile picture was of someone removing a wedding ring. It looked more like a stock photo than an actual snap of himself but still, what it implied was just gross. SWIPE LEFT

Kit Chua, Senior Features Writer

"I used Tinder while I was travelling recently and matched with a seemingly decent enough dude. I honestly didn't have much time to meet anyone as it was the tail end of my trip, but said dude sent me a video of him playing his guitar and serenading me. And when I didn't respond, he started messaging me every 15 minutes. To make matters worse, he was very adamant about meeting and because I thought he was too stalkerish, I deleted and blocked him. Lo and behold, when I returned to Singapore, he tracked me down on WeChat and messaged me again, asking why I blocked and deleted him. OMG, scary...

Alicia Tan, Editor



